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PROPER CARE OF THE HAIR AND SCALP

OHMANN-DUMESNIL

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ANECDOTE FOR THE DAY

Louis XIV remarked: "I admit I am piqued when I see that when exerting my royal authority in France I earnestly protested against too high dressing of the hair, no woman had the slightest wish to please me by lowering it. But an unknown woman, this rubbishy Englishwoman, arrives in Paris with her hair worn low, and suddenly all the princesses go from one extreme to another."

It was the wife of Lord Sandwich, ambassador to France, who thus changed a fashion. Ambassadors sometimes have their uses.

PROPER CARE
OF THE
HAIR AND SCALP

BY

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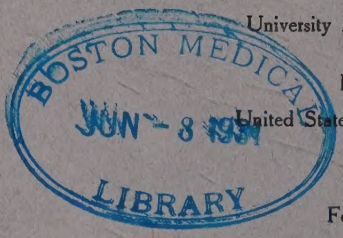
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FOREWORD

It is the usual custom to have a foreword or a preface to every book. We have not yet been able to determine whether it is an explanation or an excuse. Be this as it may, to us it simply acts as a warning to read the volume with care and endeavor to become well acquainted with its contents. The present book needs neither apology nor explanation. Those who acquire it will become readily convinced of this by intelligent reading, and if this perusal arouses interest and leads to a desire for more information on the subject, the purpose of the book's publication will have been attained.

The Author.

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INTRODUCTION.

The object of this book is to give the care of the hair and scalp in a manner that may be easily understood by every one. The subjects are treated from the standpoint of what every one of intelligence and common sense should know on these subjects and may be learned from a careful perusal of these pages. The object is not to make every man his own physician, but to give enough information to indicate those cases in which the services of a physician are required, and yet enough simple measures are advised to make it unnecessary to be continually calling for the doctor.

The dominating idea has been to combine the *utile cum dulce*, or the useful with the pleasant. Not too much has been attempted but enough to give some small pleasure in reading and referring to its pages.

It has usually been considered the proper thing to begin a work of the nature of the present one by a consideration of several basic facts which act as introductory to the subject. In the present instance these will consist in a description of the anatomy of the hair and of the skin as well as their physiology. Thus, we find that the skin is the natural protective envelope of the organs and tissues lying directly beneath it. It wards off any sudden jar or other mechanical disturbing element and, in that manner, adds to the symmetry and contour of the body.

With these preliminary ideas it is a very easy matter to read on the subjects which are taken up in this book and it is also much more satisfactory to understand the terms which are used.

It is an idea with the laity that a book which is written by a physician deals with diseases and their treatment. The medical profession is certainly sufficient for the latter purpose and physicians are not restricted to the writing of books that are only medical.

As evidence of this we need only look upon those which treat of eugenics, hygiene, physical development and a hundred other subjects of the greatest interest to the laity.

The present book is neither a manual nor a text book; it is simply a guide on the proper care of the hair and scalp. The intention has been to make it sufficiently clear and comprehensive to infuse an interest in the subject in the minds of those who aspire to health and cleanliness as prerequisite of a healthy and contented mind and body.

All has been stated in a more or less terse manner and as succinctly as consistent with a clear presentation of the subject. It would be rather supererogatory to enter into a long discussion of the necessity of such a book, because there is and it is, moreover, self-evident. To introduce this extended essay requires not long series of more or less desultory remarks, but rather a plunging into *medicas res.*

CHAPTER I.

THE ANATOMY OF THE HAIR AND OF THE SCALP.

In this book it is conditions and not diseases that are considered. A glance at the annexed illustration (Fig. 1) will show the complex nature of the skin and will also impress upon us the absolute necessity of taking care of such a complicated organism, and the seeming difficulty that is often discouraging to him who tries to give proper care without being initiated into the methods which it is necessary to observe.

The most tender part of the integument is the corium or true skin and it is absolutely essential to see that it is always properly protected from extraneous irritation and such other circumstances as interfere with the proper performance of its functions.

The scalp is the hairy skin, which is attached to the skull. It is that portion of the skin from which all the hair arise and, on that account, it is rather thick in some portions. Thus, on the top of the head it is a good quarter inch in thickness and this is easily demonstrated in cases of accident when it is cut by a blunt or a sharp instrument. If a cross section of the scalp is compared with one of the skin the difference between the two is at once apparent.

The common integument is thinner and does not show the same amount of hair or as large ones. By turning to Figs. 1 and 2, these differences are easily seen. The various layers of the skin may be seen and the glands connected with the hair shaft are also apparent. No attempt has been made to make this an anatomical lesson but rather to give an exact and common-sense view, such as will prove of use, and not permit errors to creep in.

A fair amount of attention will be found beneficial. In Fig. 3 we have a picture of a cross section of the scalp wherein we are shown the bed hairs or what are usually called dead hairs. They have no papillæ and consequently no nutrient arteries. These hairs easily drop out and we then have what is ordinarily called falling of the hair. When we remember that the cause lies deep at the roots there is no wonder that it is such a persistent condition. It is for this and similar reasons that a few moments devoted to the anatomy will be found of benefit and render the reading of the following pages more intelligible.

The reading matter below each figure will be sufficiently explanatory not to require further comments or remarks.

The hair from the eye-brows and eye-lashes when examined under the microscope, appear comparatively coarse and are rich in pigment. Their root bulbs are large and have well developed papillæ. The hair of the head is finer in texture and its pigment occurs in amount according to the color of the hair. The papilla is well developed and its blood vessels are also large enough to furnish the necessary nutrition. The lanugo hair is very fine, appears colorless and usually lacks a papilla.

The hair is an appendage of the skin that is but little understood and it would seem that those who know the least about it, its functions and its diseases, are the ones who are the most ready to display their ignorance. We find these charlatans everywhere and they talk in a very glib manner, although, to one who knows, they easily betray the fact that they are not conversant with matters connected with the hair. In other words, they are ignorant pretenders who do more harm than good.

In Fig. 3 there is shown the section of a hair magnified and the names of the various portions are indicated in such a manner that when they are alluded

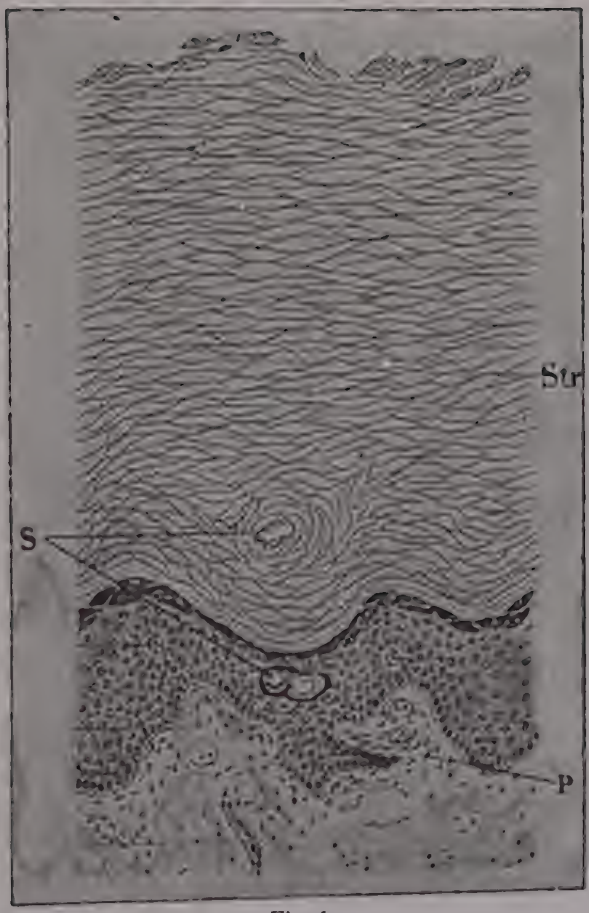


Fig. 1.

Vertical Section of the Skin.
Str.—Epidermis.
S. —Blood Vessels.
P. —Papilla.

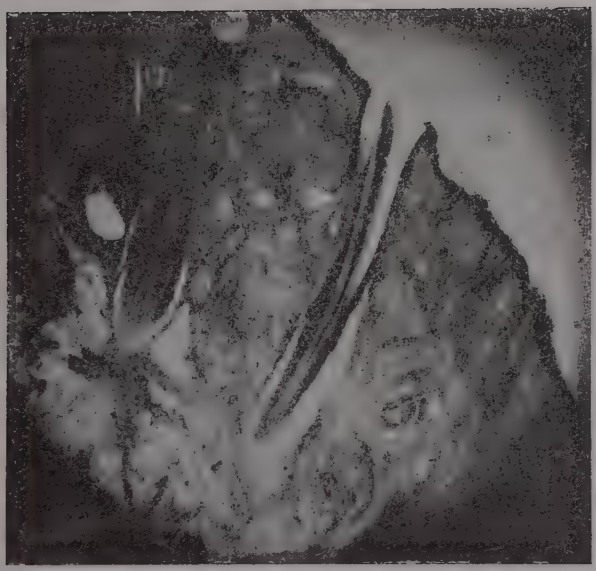


Fig. 2.
Vertical Section of the Scalp, Showing Hair.

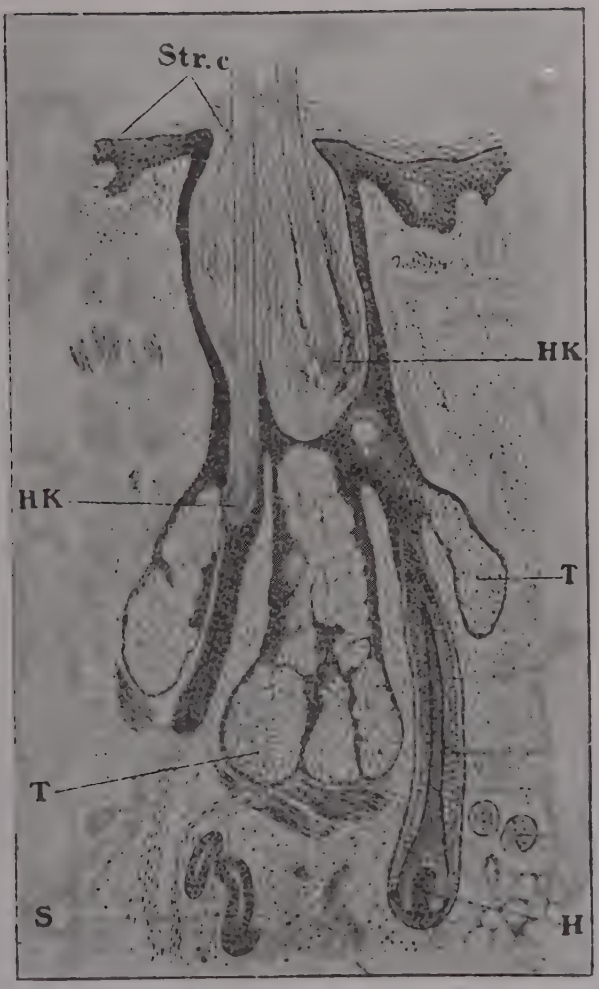


Fig. 3.

Vertical Section of the Scalp.
Str. c.—Horny Layer.
H. K.—Bed Hair.
T.—Sebaceous Gland.
H.—Hair.
S.—Sweat Gland.

to, it may be easily understood by the reader. This occurs in embryonic life at about the third month when the first buds of the coming hair are observed. At about the end of this month of development there occurs a dipping in of the epidermis which projects down and is soon covered by a layer of cells which is transformed into the external membrane of the coming hair. The extremity separates slightly to give place to the papilla which makes its appearance, and the process ends in a fully formed hair.

The root sheath of the hair consists of a membrane in which the hair seems to be implanted. It is of some importance, as it forms a protecting membrane to the hair shaft and prevents its injury from external causes. It also protects by forming a medium for the capillary attraction of pus and thus prevent it from attacking the shaft of the hair.

With these preliminary ideas it is a very easy matter to read on the subjects which are taken up in this book and it is also much more satisfactory to understand the terms which are considered.

CHAPTER II.

THE HAIR AND ITS GROWTH.

The hair requires careful daily attention. The ancients were fully aware of this fact and gave particular attention to it. Physical exercise by toning up the muscles makes them more symmetrical and in that manner contributes to the enhancing of the beauty of the figure and its symmetry. These are qualities which are very much admired and it is the proper handling of the skin or integument that leads to such satisfactory results. In order to have a good skin such as is useful in its functions and handsome to behold requires some care, etc., which will be dwelt upon later.

The various organs which are enclosed in the skin also require particular care, they being the sweat glands and the fat glands, small bodies which give the integument suppleness, softness and make much for its good appearance and feeling. The proper care of the skin as a whole brings about a good condition of these organs and renders them efficacious in their functions. Furthermore, a neglect of this care will permit the integument to become rough, scurfy and exhibit the signs of neglect. It is for this reason that athletes present such a good appearance and that their skins are of an excellent texture and possess such a good appearance.

The skin, as a whole, is not in the best condition unless care be given to its appendages and we will now begin to make a few remarks upon one of the principal appendages of the skin—the hair.

Hairs are a most useful as well as necessary appendage of the skin, for they have numerous and well defined functions to fill. These appendages are

primarily protective and this very protection is what conserves the integument and adds greatly to the health of the individual. First of all we must understand what a hair is. It is simply a more or less cylindrical outgrowth of the scarf skin or thin cuticle and assumes a more or less long and cylindrical shape. Those on the head or scalp are characterized chiefly by length and are usually fine. It is in women that the predominance of length is observed. In them the length is as much as six or seven feet in a woman not higher than five feet one inch. The writer has seen hair grow to the length of eight feet in a little woman of five. My readers may perhaps remember the Sutherland sisters, five in number, who had remarkably long hair and were not sisters at all. They exhibited at the dime museums and acted as an advertisement for a hair tonic which they assured me they had never used. However, the growth of hair was much admired by women, especially those not blessed with any too much hirsute adornment. For, we know that hair is a woman's glory and much pride is manifested in a large growth.

As shown in Fig. 3 a hair consists essentially of a shaft and a papilla. The latter is absolutely necessary to insure the growth and life of the hair and its destruction prevents the growth of the shaft and terminates its existence. The sebaceous follicles or fat glands are attached to the hair and serve to lubricate the follicle or sheath in which the shaft is found. This fat gland has much to do with diseases of the scalp and fills an important function in the preservation and well-being of the hair. Many diseases of the scalp take their origin in the hair and it is for this reason that the latter should be given the greatest care and attention, and not merely a perfunctory parting as is but too often the case. Tousled hair may look artistic but does not have a neat appearance. On the other hand, over-combing and brushing to excess

do not act so advantageously as the fond possessor of the hair desires. When we come to this part of the subject we will be more explicit in our remarks and endeavor to tell our readers the proper method to follow in order to cultivate a fine suite of hair.

Hair stands on end in great fright, terror, cold or excitement. The *modus operandi* is the contraction of an involuntary muscle which arises from the papilla of the hair and is inserted into the epidermis. When the nervous impulse is transmitted to this microscopic muscle it contracts and by this means changes the angle of implantation of the hair and makes it stand on end. This condition is marked in cats, dogs, boars and other animals as an indication of bad humor. These muscles are known as the arrextores pilorum.

CHAPTER III.

THE COLOR OF THE HAIR.

It may not be out of place now to speak of the color of hair. A fact not entirely uninteresting in connection with the hair is this quality. A very ordinary division of this is blonde and black, but this is too radical and we must discriminate more closely and consider all the varieties. Blonde varies from the very light shades which are nearly white, and then through various gradations we come to the ash blonde. Among the handsome tints observed are the tawny and the golden blonde. We will not take into consideration the light yellow blonde color produced with the aid of peroxide of hydrogen; those resorting to this factitious method are known as "peroxide blondes." The method is one that is easily detected, as short crops of dark hair betray the use of the bleach. Another condition also betrays the use of the chemical—this is the falling out of the hair about the temples and other parts of the scalp, easily pointing to the methods to which the artificial blonde has had recourse.

It is a curious fact that these artificial blondes may have very dark or even black eyebrows which they regard as aids to brighten the blonde hair by contrast. Brown hair has many shades, varying from a light color to a chestnut of a dark tint and verging closely upon a black. This last is merely a comparative color which also varies in intensity to the very intense or what is popularly known as blue-black. It is chiefly in the tropics that such a marked color of the hair is observed. This intense black color is also met in some races not situated in the tropics such as the Spaniards. The gradations are sufficiently

marked to enable us to easily recognize a Spaniard or Portuguese from a Hindu or Aztec by the hair color.

A color that is striking and observed in all climates and zones and which is positively detested by some and admired by others is red. And yet, some very distinguished historical personages were red-headed. We may mention Queen Elizabeth of England, Mary Stuart, Queen of the Scots, Queen Victoria, Judas Iscariot, and other more or less notorious characters. Now, we must distinguish between red hair. We have examples of light red hair, pale in color and weak in texture. Then again, we see the sort called carrotty, which is a rather comic hue. This is not so picturesque as the flame-colored hair so very much admired by many.

We finally come to that which the celebrated painter immortalized and which is now known as Titian red, a dark red hair which in sunlight looks like burnished bronze. It is a beautiful shade that is seen but in comparatively few individuals. It has made artists and writers rave about it; and the comparative rarity of examples makes each one more remarkable.

We often hear and speak of gray hair as an index of age, but as a matter of fact gray hair does not occur in human beings. What is usually denominated gray is a mixture of white and black. In some animals like the cat there occurs hair that is actually gray in color. The so-called iron gray hair seen in humans is a mixture of white and black and the gradations in color from white to black may be observed in the same individual. On the other hand, we see in some heads a growth of dark or black hair with one tuft of perfectly white hair. This may be congenital or acquired. There are some families in which one of the forebears has this tuft of white hair and the descendants present the same peculiarity. This is commonly alluded to as hereditary, or as a birth-mark.

As a matter of fact, it is a nervous peculiarity that is a common trait of the family that manifests itself in this manner. But this is entering into the domain of medicine. The location of these locks of white hair is quite interesting. Thus, we find the tuft in the fore part of the head, at other times at the back of the head, and occasionally it is a streak of white hair running from right to left varying in width from one-quarter to one inch, or it may be one running from the front to the back of the scalp. There is really no end to the number of varieties which occur in this distribution. A peculiarity in connection with these growths of white hair is their persistence without appreciable change, either in shape or in color. But one caution should be observed, not to mistake them for vitiligo, which is a disease, and indulge in many discouraging remarks over a condition that cannot be helped except in a cosmetic way.

Some changes in the hue of the hair not due to dyes are often noticed. Thus, a reddish blonde is changed to a yellow by the use of borax washes and this will make it still more yellow if it be continued some length of time. A light shade of hair may be changed to a black, brown, or red color by using solutions of resorcin of different strength. The internal use of pilocarpine will also cause hair to grow dark.

A condition which occurs but seldom and excites the wonder and curiosity of its beholders is green hair. It is of a striking vivid tint and is never relished by the one who shows it. This condition of green hair is never seen except in workers in brass and the color derives its origin from the filings and fine particles separated in turning brass. A good and thorough cleansing of the scalp is sufficient to cause a disappearance of this accidental dyeing. This reminds me that it has recently been the fad to dye the hair blue, purple and green.

Another shade is an undefined black color in which a marked matting is visible and commonly seen in those who are filthy in their habits, unkempt and generally untidy. Such individuals are happily not numerous and whilst they form good company for each other they are avoided by all those who respect washed faces, combed hair, and neat clothing, as well as clean habits and manners.

A bright natural light will darken the hair. It is noticeable that those who live in tropical or subtropical climates are very dark haired, whereas those who live in glacial zones are inclined to be blondes. Another observation has been made that those who pass their lives underground will have white hair as has been so often observed in the salt mines of Siberia, in which a ray of light never enters.

Ringed hair is an extremely rare condition in human beings, although normal in cats, raccoons, rats and other animals who use their incisor teeth. The hair so affected presents alternate narrow ring-like colors in which the hair appears white in some and of the natural shade of the hair in other rings. The cause of the white color is due to air or some other gas being in the hair-shaft.

CHAPTER IV.

THE FUNCTIONS OF THE HAIR.

After having said so much in connection with hair it may not be inappropriate to make mention of the function of this appendage of the skin. One of these functions which is easily apparent is that of protection of the skin. It is not alone a protection from violence from without but also from other irritating conditions, and a due consideration of these phenomena as well as the conditions presented by the hair will render these functions clearer and more easily understood. The latter conditions which are more or less irritating are those due to temperature changes in the air. Thus, we find that a certain element connected with the hair is more or less powerful as a heat regulator. In the central portion of the hair known as the medulla or core are situated a number of cells, known as pigment cells, which carry the coloring matter of this organ and give it that color which we have already considered. As a necessary corollary we find that this pigment exists in small quantity in blonde hair, so much so that, in very marked blondes, it practically amounts to nothing. The integument about these hairs is quite devoid of color although it is what is called white or light pinkish and is very delicate and easily affected by every variation in temperature. It is this very fact that renders blondes so susceptible to these changes and naturally leads to the contraction of catarrhal diseases of the upper air passages and renders individuals with such hair more susceptible to the contraction of these diseases and confers upon them the name of "delicate." As a matter of fact it is a very important matter and plays a very important rôle in the matter of the care and of the hy-

giene of the hair. In those who have dark or brown hair, on the other hand, we have a less susceptibility to sudden or continuous temperature changes and this is, no doubt, due to the comparatively large amount of pigment in the cells of the hair. We see examples of this in the inhabitants of the tropics who are not as susceptible to elevated temperature as those who have blonde hair. This has been the experience of Englishmen stationed in India who, after but a comparatively short sojourn in India, are forced to return to England in order to recuperate from the physical infirmities and diseases contracted in the torrid climate of the India station which knew them a longer period than was actually compatible with their perfect health and turned them into life-long invalids. Their blonde hair did not protect them as well as the black of the natives and when we add to this the heating properties of the alcoholics in which they indulged, we can easily understand their debilitated condition.

The natives do not feel the heat appreciably and go about bare-headed in the sun, without any appreciable discomfort, being protected by their hair.

The hair acts as a protective agent in another manner and that is as a guide for the flow of perspiration. The eye-brows, for instance, guide the sweat so that it flows down on the sides of the temples and thus is kept out of the eyes. The hair of the scalp induces an excess of perspiration to flow down the neck, and the whiskers in the same manner guide the sweat over the face and down on the front part of the neck. In this manner the burning sensation produced by the perspiration is obviated and the individual enjoys comparative comfort. The lanugo hairs of the trunk are so distributed as to act as guides for the drops of sweat to run down in a regular manner and thus spare the more tender parts of the integument. Another variety of hairs, the vibrissæ of the nostrils and ears, are also protective in their func-

tions by catching the dust on its way to these cavities and thus protecting the mucous membranes from this irritation of external origin. This protective function is in line with that of the skin as a whole.

The protection afforded by the hair is of so much importance that we intend to devote quite a considerable amount of attention to its proper care, hygiene and general rules of treatment to keep it in a good tone and normal state. Another function of the hair which must not be forgotten is that it is a protection to the underlying skull against traumatism which may be inflicted by blunt instruments such as clubs, billies, brass knuckles, gas pipes or clubs. All these are sufficiently dangerous weapons and yet the hair, if of a sufficiently luxurious growth, will often ward off or prevent what, in general, would be serious wounds or such as are attended by dangerous or even fatal consequences. This is more apt to be the case if the attacked individual has a thick "cow's lick" or whorl at the point which is struck by the instrument used in the attack.

The criminal likes his hair cropped short because it makes him look "bad" and he glories in his criminal and bestial appearance and bull-dog look. His ambition is to develop into a regular Bill Sykes.

It may be looked upon as a work of supererogation to speak of white hair which is not of necessity a sign of senility. The writer has known of a case of sudden blanching of the hair in which all the hair of the scalp turned white in a single night. The cause of this was a most intense nervous shock. In the celebrated case of Marie Antoinette her hair began slowly to turn white during her incarceration in *La Conciergerie*, and six weeks later, when she was beheaded, her hair was perfectly white. It is no unusual thing to see young men whose hair is all white before they have attained their majority. This is a common occurrence in the case of stock and wheat speculators.

The strain upon the nerves is one that is terrific and it reflects itself upon the capillary system. Typhus fever has the faculty of blanching the hair as well as some other depressing and exhausting diseases. Be this as it may, the nerve racking is marked. In the case of those who have led dissipated lives the result is the same, although the remote cause is quite different. There is no question but that indulgence in wine, women and song will leave its ineffaceable mark upon the hair. In some families all the members become prematurely gray and this is soon transformed into whiteness of the hair.

CHAPTER V.

CARE OF THE HAIR.

The proper care of the hair requires that it be combed and brushed at least once daily. The first thing that is to be considered in connection with this are the proper utensils to use. Of course, these should consist of a comb and brush and should be carefully chosen. The idea is not to go to a store and just accept any one that is offered because it is cheap. The cost is a consideration that should in no wise be noted when the real object is to obtain a comb and a brush that are proper for the intended use. This naturally leads to a consideration of the points that constitute the essential qualities in these toilet articles. Those who read these pages know very well that there exists an infinite variety of combs of all sizes and made of various materials. We will only mention a few of the most usual, and then consider the best and the most satisfactory for the use intended. The comb is intended to do what might be called the rough work and the brush is, in a way, a finisher which smoothes the work done by the comb. The primitive, unenlightened man uses a nail for a comb and the palm of his hand for a brush. We must not forget that there are many who do not use either, but permit the hair to take care of itself.

With these we have nothing to do, either in person or in writing. They are best avoided. They are too prone to become familiar on less than a short acquaintance. As a curious example illustrative of the depths to which a human being may fall, these specimens are interesting to the anthropologist. In all other respects, and to all others, they are simply disgusting, and only aid in making a decent individual cynical.

But, let us return to our subject. As we are now concerned with combs we will take into consideration the material of which they are made, how made and the various shapes and forms given to them, as well as the disadvantages which are possessed by these different ones, and the best that should be adopted from every standpoint. In this manner the prospective purchaser of a comb will have a guide by which to govern his or her choice. The materials of which combs are made are various. The material entering into these toilet articles plays a great part in the minds of purchasers. The most expensive material employed for combs is tortoise shell. The teeth are naturally much shorter than in ordinary combs. We next come to ivory combs which are very expensive also and have the great disadvantage of being liable to warp and must be straightened occasionally. They are rich in appearance and lend tone to a toilet table. A cheap imitation has been made of celluloid which has a peculiarity of exploding and taking fire. It is a form that should certainly be avoided. We then come to combs made of horn which are without doubt not so pretty in appearance but are reliable for wear, and even these have been imitated by making combs of melted horn which is brittle and has very inferior wearing qualities. The most popular comb is that which is made of hard rubber, as it is both cheap and serviceable. The scarcity of rubber renders even these necessary articles more expensive every day. Then, we have a kind of comb that was very popular at one time with those who had reddish hair, and these were lead combs which imparted a dark tinge to the hair by reason of the rubbing with lead. One of the drawbacks associated with these was the possible danger of suffering from Saturnism or lead poisoning, an event which was far from rare. We finally have wooden combs which are not quite in fashion but which are quite popular with the peasants in Europe. They are



Fig. 4.

The Evolution of the Comb from Barbarous Times to the Present.

light and do the work demanded of them in quite a satisfactory manner and are quite popular with those who employ them. Aluminum combs have appeared in recent times, but they are not popular. Another variety that had a vogue for but a very short time, are brass combs. Among negroes, in former times, especially among slaves, a carding comb was employed and it can be easily surmised that combing the wool was not a pleasure but a most painful and torturing duty exacted by masters.

Having considered the material out of which combs are made, it is in order to describe the various forms of these indispensable toilet articles. To comb the hair of the head a comb must possess one quality above all others. The teeth must be so cut that the comb will go through the hair smoothly and not catch and pull out hair. The spaces between the teeth should be rounded and not cut square, or the process of combing will be a painful one. This is particularly necessary in those persons whose scalps are sensitive and tender. So it is necessary to examine this point carefully. A woman usually wants a long comb with a thick back. She must have something which she can pass through her hair without difficulty and which will inflict no pain whatsoever. A man, on the other hand, wants a short comb that is somewhat narrow and not at all cumbersome; in fact, he prefers a small pocket comb which is always handy. A man's toilet is soon made and the care of his hair is, in reality, a secondary matter. It is not unusual to see men who comb their hair with their fingers; but, as they say, they are not ambitious to be or to pose as Beau Brummels. They certainly are not.

A well known variety of combs is the fine-toothed comb and this is usually made of ivory with very small teeth that are closely approached to one another. Among these we notice the baby comb which is provided with a handle and is quite a favorite with young

mothers, who seem to be very solicitous about the up-keep of the few sparse hairs on the scalp of their offspring. So solicitous are they that they will persist in removing whatever milk crust may have shown itself and keep on scraping until they make life a veritable torture to the helpless babe. This over-solicitude to keep the child's head clean is a very mistaken idea. The scraping of the scalp with a fine tooth comb is irritating; the same result may be obtained by using some bland oil like fresh olive oil, or oil of sweet almonds. As a matter of fact, the condition is a diseased one and requires the attention of a physician who is sufficiently competent to make it disappear and avert any recurrence. The art of what not to do cannot be too much impressed upon the minds of meddlesome mothers, and the more this is impressed the better the children will thrive. The family physician should give his advice and make it as imperative as he possibly can and demonstrate to the young mother the correct manner of handling her suckling, and thus lead to a proper knowledge of rearing the child as it grows in years. For, it is still true that "as the twigs are inclined the tree will grow." The mother's duty is to incline this twig in the proper direction and obtain the much desired result.

As a matter of fact, the baby comb should be abolished and a proper method of treating the scalp be adopted. As the babe's tissues are delicate and easily injured, whatever means are employed should be the opposite of irritating or rough. We have observed that in late years this pernicious custom of being continually engaged in combing babies' scalps has ceased to a great extent, and much milder means to make them free from milk-crust have been substituted therefor. The child is now entering into its rights, and, as a natural consequence, we are being daily promised a much better and more healthy generation.

Speaking of fine combs should not permit us to

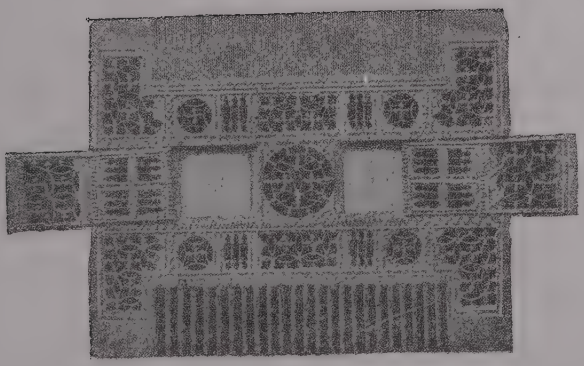


Fig. 5.
Italian Comb of Sixteenth Century.

omit a reference to moustache combs, a fad to which younger men are addicted as a desire to present a well groomed appearance. This is a fashion which is certainly doomed to be short-lived although it may persist among the old beaux, whose ambitions and desires are stronger than their capacities. This variety of comb is marketed under two forms, the tortoise shell and the ivory. The former has more class to it and is considered eminently proper by the devotees of this custom of combing, who, when young, excite our pity, and when old, give rise to amusement. The true man gives his moustache a stroke of the brush and is not continually devoted to the comb which he carries in an elaborate case in his vest pocket. The habit of moustache combing is looked down upon as a useless and unimportant part of the toilet. When done in public it is simply vulgar. But this is a tonsorial fashion which is rapidly disappearing and it will not be long before it will have more of a historic interest than any other.

Now we have these so-called coarse combs to attract our attention. They are, without doubt, the most popular of all because they make the operation of combing the hair a more easy one. These are the ones most affected by women. The comb must have a very thick back, as this gives it much more stability and lends much force to this toilet article. It is more easily drawn through the hair, making the operation of combing much less fatiguing than it would be with a lighter or thinner comb. The material of which these combs are made are hard rubber, horn, bone or celluloid. Tastes differ in regard to what choice should be made, but for a good serviceable one the best is that made of horn. That which is of the least service is made of vulcanized rubber. Still it is the one which has the greatest vogue. It is easily kept clean, is smooth and fills all the ordinary requirements of the toilet. Ordinarily, this comb has one-half of

its teeth rather coarse and those of the other half are comparatively fine. However, some combs are so made that all the teeth are coarse and these are the most popular with those who use the brush to smooth the hair.

In speaking of fine combs no mention was made of the variety which has two rows of fine teeth which are rather short, and which is ordinarily known as a fine-tooth comb. This is made of vulcanized rubber, wood or of ivory, the latter being most popular. The celluloid sort is too brittle and has never found many purchasers. It is better because, at best, these combs are not serviceable and do not last. These are rather long and are very useful, especially to employ on the long hair of women. There is a short, coarse comb affected by men as it does the work very rapidly and in conjunction with a brush gives a satisfactory result. Another variety of fine comb which is more of a plaything than an article of toilet is the tiny comb which is found in what are known as vanity cases.

We now come to another and radically different variety of combs and one which we are inclined to call ornamental. They are all necessarily coarse but have a pleasing appearance and a use which is certainly more ornamental than useful. As far back as literature extends and sculptured rocks inform us, this variety of comb was employed by the Assyrians and Babylonians, and from there trailed to Egypt and kept on marching through Greece and Rome. After the fall of Rome, during the Dark Ages of Europe, this fashion persisted up to modern times and even to the present day. A brief consideration of the history of the modern comb will bring us to a knowledge of ancient, medieval and modern history, and in that manner prove as interesting as it is instructive. Of course, this involves quite an amount of research and an attempt will be made in this direction. Before entering into a consideration of ornamental combs it

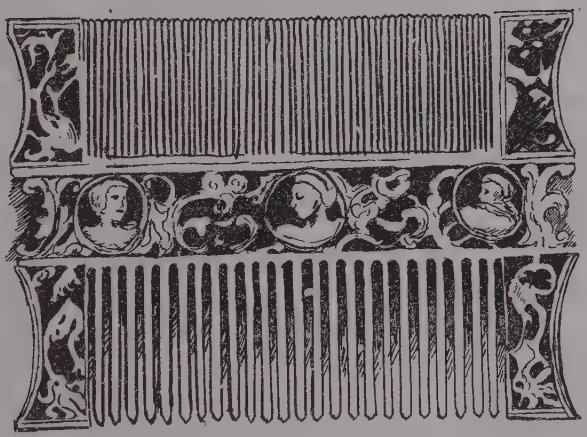


Fig. 6.
Sixteenth Century Comb (Italian).

may not be uninteresting to mention some which I consider peculiar. Thus, I saw in Charleston, South Carolina, combs made of iron which had been nickel-plated. They were of crude workmanship and rough and would tear out the hair when used. The only thing which they had to recommend them was their cheapness, and the fine appearance presented by the article. We might go on and speak of the gold combs which were affected by the aristocracy some two or three hundred years ago, but this luxury we leave to the subject of ornamental combs. And yet, a comb seen in modern times was one of iron inlaid with ivory and mother-of-pearl and having a silver filigree around it. The workmanship was most excellent and the teeth were very smooth. The entire comb showed a high order of skill. The origin of the comb was Kabyle (from Northern Africa) and the make had quite a savor of Moorish origin. In addition to what has been stated small gold chains hung from either side; so that in reality it was an ornamental comb. Such are really curious and nowadays find their place in museums as curiosities.

This leads us to consider the ornamental comb and its attributes. In a search for the origin of the comb it was found that the neolithic woman used a twig or a piece of bone for a comb to hold up her hair. This custom is one that has survived the ages. In very remote periods bars of ivory, silver and gold were employed for this purpose, and even at the present day Italian women use a bar of bone around which the hair is twisted. A persistent and thorough search of ancient literature has not shown the existence of combs, plain or ornamental, except in the Greek and Roman satirical authors who speak of the golden combs of the patricians and hetæræ. But we do not find satisfactory allusions to ornamental or expensive combs until the Sixteenth Century, when luxury was rampant and the women controlled the golden

keys to fortune and spent fortunes on a little foible or folly.

The Assyrian, Babylonian, Egyptian, Greek and Roman records furnish us little information. Instead of combs these ladies employed ribbons or head circles made to imitate crowns and they were satisfied to hold the hair against the scalp by these means, as a reference to the portraits of Aspasia, Sappho, Cleopatra and other well-known characters of antiquity will show. At times, a crown of flowers was enough.

The ornamental high comb is perhaps the best example of luxury in combs that we possess. The best examples which we can see are among the high-born ladies of Spain who affect them. They are made of tortoise shell, are elaborately carved and encrusted with precious stones, and throughout bear complicated filigree work in gold and silver, the work of Moorish artists who are particularly expert in this art of decorating. The stones which are encrusted embrace all those of high price and the wealthier the wearer the more valuable the comb becomes. A Spanish hidalgo will not hesitate at the cost of such a bauble. He will gracefully pay the price demanded for it. It is these little articles of the toilet which lend so much charm to the fair Andalusians and make them so much sought by Northern admirers. This variety of ornamental comb was much affected by the beauties of the French, German, Austrian, Spanish and Italian Courts in the Sixteenth and Seventeenth Centuries. Some more combs which might very properly be included in the ornamental class are the front comb, the side combs, the back comb and the barrette. All of these may be plain and ordinary or they may be ornamental by inlaying gems or precious stones such as rubies, emeralds, diamonds, sapphires and others of that kind for the wealthy; or colored glass and rhine stones for those of more moderate means, but there must be the appearance of precious stones, as that adds much to

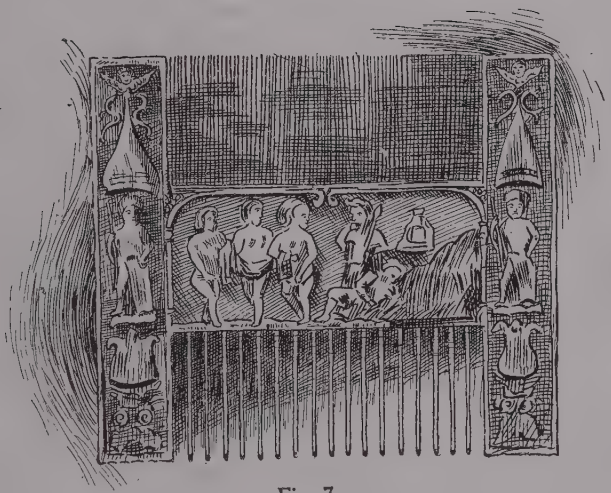


Fig. 7.
Sixteenth Century Comb (French).

the general effect. Besides, it is argued, we do not know that the rich really wear genuine precious stones. They may be only skillful imitations. A comb which has not been mentioned whose use seems to be limited to little girls is the round comb. This is invariably made of rubber and is also affected by men in the East Indies to hold back their hair in a proper shape. It is certainly a curious sight to see a man wearing a round comb under his turban; but, it is such an ordinary custom in India as to excite no curiosity.

The preceding consideration of the comb has not been intended to be an exhaustive treatise on the subject but rather an extended notice of this indispensable article of toilet. That volumes could be devoted to it goes without saying, but that the few remarks that have been made may not be totally devoid of interest is the hope of the writer.

Among the toilet articles which seem to be indispensable is the hair-brush and this requires as much care for its selection as the comb. There are certain requisite qualities which should be possessed by every comb to make it useful as well as serviceable; and, it may be added, there exist as many forms and varieties of hair brushes as of combs. The first and most requisite part to examine are the bristles. These should be such as to be capable of fulfilling the functions which it will be called upon to fill. The quality of these bristles so far as stiffness and solidity are concerned should be carefully examined. Another point is to see to it that the bristles are sufficiently numerous. Another point to exact is that the bristles be not split whalebone, as so frequently is the case, or stiff vegetable fibres, as but too frequently happens. It is an absolute necessity that they be hog's bristles and preferably Siberian. Of course, one need not be an expert in the brush-making trade, but a little experience in the examination of these necessary toilet articles will

soon give an experience sufficient to make a judicious choice. Above all do not accept cheap brushes for they are never really good. It is well worth one's while to examine these brushes critically.

Some whale-bone brushes are very cunningly made and bleached with so much skill as to deceive all but experts. The vegetable fibre hair brushes are so common in appearance as to deter anyone from indulging in the purchase of one. It must never be forgotten that a good-looking back does not mean a good brush. So that we may begin by taking into consideration the various portions of a hair brush which attract the attention. To begin with, as we have just said, the most important part is that which has the bristles. It is not alone necessary that these be of the perfect sort, but it is equally important that they be set in the back sufficiently thick to be serviceable. A hair-brush with an insufficiency of bristles is no more serviceable than a board of the same size, and simply spoils the hair. One with bristles that are too stiff splits the hair and is worse than no brush at all. So here again must come in a certain amount of judgment in the choice. A beautiful back is no excuse for poor bristles. In fact, it acts as a bait for the unwary. An essential quality in a brush is that the bristles be implanted solidly and not give way easily. The workmanship may be easily judged by this and a good hair-brush always has the bristles well set, thus giving it a longer life and affording more satisfaction to the one using it. It is not necessary that the bristles be long in a hair-brush; they should be of a moderate depth but thickly set, otherwise there will be brush trouble. The backs are more or less crude and made of rosewood, box, mahogany, or some other hardwood. There are some which are made of celluloid, hard rubber, and equally cheap material. They are the most popular forms and those which are the most unreliable for a toilet table. Being cheap makes large

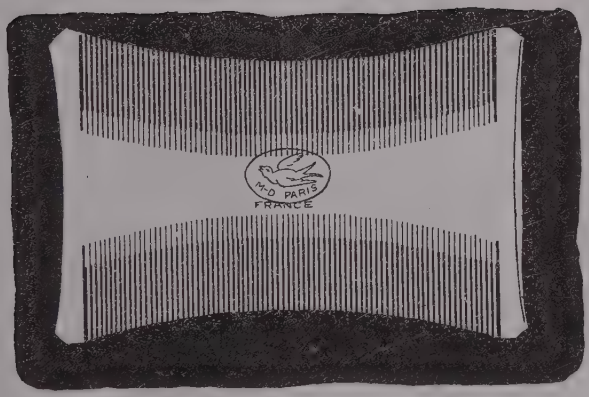


Fig. 8.
Boxwood Fine Tooth Comb—1792.



Fig. 9.
High Spanish Comb.

sales but also makes the brush less serviceable. The backs of hair-brushes are plain or ornate and it is these latter which have afforded artists the greatest opportunities to display their talents. Thus, tortoise shell or mother-of-pearl backs offer fields for the display of an artist's talents, and the richness and variety in which they are finished make them, in some cases, veritable works of art. To begin with, the manner in which they are sculptured arouses admiration in the minds of all art connoisseurs. The backs are much admired but not so much so as those which are inlaid with ivory and mother-of-pearl. The ones having filigree work of silver and gold or Arabesque ornaments in silver and in brass are also highly prized. But as works of art these with miniatures sunk in the wood are the most highly prized. Still a picture in mosaic makes a brush attain a high value in accordance with the artistic worth of the work. Then again, as the height of luxury, we have the backs of hair-brushes decorated with jewels, of greater or less value, according to the tastes or means of their owners. Such are a luxury that only those gifted with much money can afford.

Among the different brushes there is quite a variety. Thus, there is the hair-brush for the hair of the head and the large and heavy one is most affected by women, whereas men prefer lighter ones. The makers of these brushes have gradually made them lighter, but not too much so. Among the lightest ones are the eye-brow brushes which the ladies of fashion employ to smooth bandeaus.

A somewhat heavier, but nearly as light a one, is the moustache brush which is affected by the young men and also by their elders who have heavy moustaches. These latter are the ones who use the brushes most assiduously. For their beards they use the hair-brush which answers all purposes very well. Of course, he who uses all these helps to his toilet

naturally looks well groomed. But a lady's toilet table is never complete unless it has a camel's hair-brush which is very useful to pass over the face to remove any very small pieces of scarf skin which still remain. It is a very pleasing as well as useful adjunct to the toilet.

We now come to two other sorts of hair-brushes. One is the military brush very much in favor with young men, who are desirous of having a thorough brushing of their hair. As this brush comes in pairs both hands may be employed at one and the same time. The result is one that is usually eminently satisfactory and the user thereof feels better after its use. Military brushes as usually made are good and from the standpoint of the manufacturer are both good and efficient. But one brush which has proven itself a veritable abomination is the wire-brush. It is crude, difficult to handle and is very apt to injure the scalp and be the indirect cause of erysipelas of the head. It also splits hair, tears it out by the roots and inflicts pain upon the user. It requires courage and endurance to employ these brushes. There is another brush that is also fraught with disagreeable points and that is the electric hair-brush which has almost entirely disappeared. It was simply a rotary brush moved by electricity and much in favor with lazy barbers. It is no longer seen and the damages caused by it have also disappeared. It was a plaything which caused much damage and did not brush as efficiently as when that operation is done by hand.

CHAPTER VI.

HEAD-GEAR.

What is included under the generic name of head-gear includes hats, caps, and bonnets, the former being masculine and the last feminine articles of apparel. Men's hats vary in shape and material, and like women's are subject to many and frequent changes which are known as styles. The hats of men are felt, either soft or hard, and straw. They are of all colors and their shapes are most wonderful to gaze upon. They vary from that like a plate to the tall stove-pipe. Fashions and tastes are the governing factors in these matters. Men's summer hats vary from the soft white felt hat to the broad-brimmed Panama. Of course, the very light Bangkok straw hat must not be forgotten. A popular form which has kept its own for thirty years is the New York Yacht Club shape which is still in favor. All these will come up again in the future and bid fair to outlive many generations to come. Other forms and fashions are certain to make their appearance for a brief time, but the older styles will persist. We can hardly be expected to speak of the various forms of soft and stiff hats which will be different every season and each of which will have its devotees. The differences in style are but slight, indeed, and often must be pointed out to us by hatters who, perhaps, may be called experts. All hats are looked upon as a necessity by those who purchase them, and, in but very few instances, are they ornamental.

There is one fault inherent to all hats, which is that they exercise more or less compression on the scalp throughout its entire circumference. The pressure interferes with the free circulation of the blood of the

scalp and this latter will, in turn, cause baldness or falling of the hair. And this is not confined to stiff felt hats, but is produced as much so by soft felt hats, the hat-band in either case acting in this manner as much, in the one case, as in the other. The marks of compression may be easily noted on the scalps of those who wear hats, more especially hats that fit snugly but which, in reality, are too tight. To obviate this, recourse has been had to caps. These articles of head-gear suffer from the same disadvantages as hats. Caps may vary from the light silk motoring cap to the fur cap. There is an infinite variety of caps, suchs as we daily find on the streets, and then there are the various military and naval caps which vary in style according to the ideas of the wearers. In civil life we find some pretty heavy caps, such as worn by policemen and firemen, and they, like all other forms, labor under the disadvantage of being binding on the heads. The band is the inconvenient part in all of these and yet, unless a cap, like a hat, fits snugly, the first gust of wind will carry it off.

A cap that is entirely out of the ordinary is the steel cap worn in the trenches in modern warfare. They are used as a protection against bullets and shrapnel and serve a very good purpose for this. They are held on the head by means of a strap passing beneath the chin. It is a cap which has been made a fashion by women who desire to introduce new styles. The winter cap for men is designed to keep the head, neck and ears warm in cold weather. A hat, of which no mention has been made, and which is heavy, is the chapeau worn by Knights Templar and by the officers of the Army and of the Navy with their dress uniform. These are very impressive with their plumes and other accompaniments and are always worn on occasions of ceremony and on the whole are very uncomfortable head-gear. The fireman's boiled leather hat is probably the heaviest head-gear worn by men. It weighs about

seven pounds on the average and is designed to save the head from injuries inflicted by falling bricks, timbers, etc., and is hung to a wagon of the fire department to be donned when necessary. The souwesters of sailors and of fishermen made of oil skins, are also heavy and, whilst a good protection against salt water, are anything but comfortable to wear. Those who use these head coverings are usually engaged in hard work and the scalp becomes wet with sweat and the hair is anything but benefited by this. The effect of this head-gear is to wet the hair and mat it and put it in a bad condition, as well as to favor its early falling out. But these little inconveniences do not deter these men from persisting in the custom of wearing what they consider the proper head-gear. Many of those mentioned have been discontinued by civilians, although the military and naval caps have been continued.

This naturally brings us to a consideration of women's head-gear. These, for the most part, are caps and straw hats, although the ones made of felt are seen quite frequently during the winter months. The two former are light in weight and the last become quite heavy in accordance with the demands of fashion. To attempt a description of the different varieties would be well-nigh impossible except for an expert milliner. It may be stated that the gradations between a small triangle of lace to an elaborate Gainsborough hat are almost infinite. In Europe, every country has its distinctive women's cap and the nationality of the women wearing it may be surmised from its shape and general appearance. Volumes have been devoted to this subject, and, whilst very interesting, it would hardly be in place to describe them here. The head-gear of women is a complicated matter from a poke bonnet to the latest Parisian confection. In this country the popular head-gear for women is a sun-bonnet, so-called, and for morning

wear a mob cap or boudoir cap as some call it, which, in reality, is a night cap. Some have also denominated it a dusting cap. The name after all is merely a matter of taste, the protection of the hair is the principal point. It is only among the civilized that head-gear is an important part of the wearing apparel. Savages and barbarians have never worn head-gear and, as a result, they have fine hair and a great deal of it. In this, as in many other things, we find an advantage in a return to nature. Many so-called improvements are merely a multiplication of inconveniences and harmful conditions which had best been let alone. But, despite all the sermonizing in which we may indulge, every woman's head will turn to look at a new hat which may have appeared at an assemblage or meeting be it religious or lay. As the Psalmist said, "*vanitas varitatum, et omnia vanitas.*"

CHAPTER VII.

SHAMPOOING.

The subject of shampooing is one that requires particular care and attention, both in the matter of its practical use and application, and so far as its indiscriminate indulgence, by those who are not experts is this particular form of hair cleansing. The requisites for a proper shampoo are clear "soft" water and a soap that is non-irritating, which makes an abundant lather, and which is easily applied without injury to the scalp or hands. The question with us has been whether shampooing is a custom or a habit. If the latter, it is a bad one, more especially if badly done. By the latter we mean the strong rubbing of the scalp, and over douching of the hair with alternate hot and cold water. In addition to this, the barbers and attendants of beauty parlors, have their favorite lotions not alone to recommend, but to use upon unsuspecting customers. This is one of the pernicious evils connected with shampooing. But, to return to the proper method of shampooing. We may premise by stating that it must not be too vigorous and rough; on the contrary, it should be mild, soothing and refreshing. A head of hair, after a proper shampoo, should impart to its possessor a feeling of well-being and comfort, and not be a source of annoyance and discomfort. A good shampoo should, in nearly every respect, resemble a massage of the scalp. The idea of the shampoo is to make it a cleansing operation and not a torture. The gentle application of the soap and laving of the hair and scalp are operations that should be pleasing to the subject and sought after, rather than the reverse. As we have stated above, the water that is employed should be soft or totally devoid

of alkalies, as these latter have a tendency to render the hair shaft soft and more or less pultaceous. It is not necessary to destroy the hair in order to cleanse it. In men the operation of shampooing is a comparatively easy matter; but, in women, it is an operation which requires some care, as well as skill, on the part of the operator. As we have stated, shampooing is a detergent method, not alone to cleanse the hair and scalp, but also to render the former lustrous and give it an appearance of vigor, and thus promote its growth and put in it a force that will keep it healthy and prevent its falling out. In the case of women, who have long hair, this part is to be carefully washed and still more carefully dried. In the case of both men and women, this drying out is but too often accomplished by the aid of electric fans, which do the work so rapidly that they leave the hair in a dry, brittle condition and make the whole operation more harmful than beneficial. An important fact to consider is the soap that should be employed. It also should be bland, soothing, not over alkaline and free of all irritating substances. To find such a soap involves some discrimination, and yet it is a comparatively easy matter. The best soap for this purpose is, without doubt, Ivory soap. Perfumed soaps are not good from the fact that they are made of rancid fats, whose disagreeable odor is concealed by perfumes. The green soap is notoriously strongly alkaline and eminently calculated to soften and destroy the hair. Its irritating properties are such as to be anything but pleasant. Its alkali dries the hair markedly and, far from producing a growth, strongly conduces to bring about a falling out, and all its attendant evils. Of medicated soaps the less said the better. Their use is simply a bait to induce self-medication and, even for this purpose, a mistaken idea is formed that they cure when in reality they do not. We do not purpose to advertise all the soaps on the market, as the majority cannot honestly

be recommended. If we are to believe the circulars of manufacturers, each one makes the only good soap. The rank and file of physicians know little or nothing about soaps. Under these circumstances, a middle course seems to be about the safest. After being shampooed the hair must be dried and this operation requires some care. It is not to be done in a haphazard manner but carefully, and in such a way as not to render the hair dry or brittle. The best manner of drying is by means of warm or even hot dry towels; a man's hair may be rubbed with the towel, a woman's should be squeezed so that the least moisture may be absorbed by the cloth. In this manner the hair is preserved and is in a condition fit and ready for dressing. The proper method of preparing Ivory soap for the purpose of shampooing is to place it in water and leave it there until it is converted into a thick paste. This is spread upon the scalp and the hair and forms a proper medium for the desired purpose. It is very easy to handle and its bland qualities make it pleasant as well. It is particularly liked by women and the results obtained by its aid are always pleasing and satisfactory as well. We must not omit the mention of a medium for shampooing which, for a time, enjoyed quite a vogue. This is quillaja or soap bark, a vegetable product which is bland and quite detersive. It is capable of furnishing a large amount of lather and is an efficient cleanser unaccompanied by any disagreeable after-effects. With the exception of the two mediums we have mentioned there exist very few formulæ for good shampoo mixtures. Those which are so generously advertised remind us of the ancient Roman warning: *caveat emptor.*

Dandruff is really a condition of the scalp which is characterized by a shedding of the cells of the scarf skin, but it is not limited to the scalp because, as a matter of fact, the entire skin sheds these scales and it is an effort of nature to dislodge sources of irrita-

tion which if permitted to remain would soon cause itching. Every time the skin is washed some of these scales are taken off.

Among the troublesome affections of the scalp dandruff, or dandriff, is counted as being a constant annoyance and requires attention at all times. This is really a disease and requires all the care and attention which may be devoted to it and is easily enough amenable to treatment. It is sufficiently disagreeable, from a cosmetic point of view, at all times, to draw more than ordinary attention to the continuous presence of the white scales which seem to be continually multiplying.

Dandruff has the peculiar faculty of always making its presence known. It is a very easy matter to recognize those who are the subjects of dandruff, for their clothes are always sprinkled with the white scales, which are easily separated from the skin and carried by any light movement of the air. These scales are usually dry, light and will readily attach themselves to the fabrics of all clothing. Another variety of scales found in some cases of dandruff are more or less greasy, and do much in the way of spoiling clothes. These are also very annoying to those whose dress is affected. In any event, the presence of the trouble is patent to every one. There is no cosmetic that will hide it and the cleaner the skin is made, the more apparent does the dandruff appear. Persistent washing or shampooing is not sufficient, but a certain amount of medication is necessary. The tone of the nervous system must be raised and a better condition of the scalp or bearded skin obtained. So far as local treatment is concerned an application once daily of the following lotion will give good results. It will not cure unless general treatment is also taken.

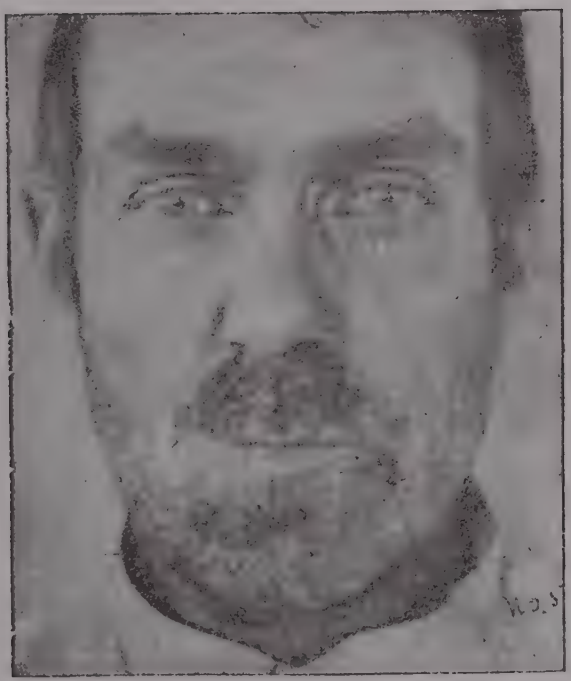


Fig. 10.
Seborrhea (dandruff) of Beard.

The lotion is composed as follows:

℞ Beta naphthol, four scruples,
Alcohol, 80%, two ounces,
Rose water,
Florida water, of each one ounce.

This should be applied thinly on a gauze pad to the scalp once daily. A very good preliminary to this treatment is a thorough washing of the scalp. There are those who complain that the dandruff returns; this is not to be a cause for surprise, and the reason is that they have not taken any internal treatment, or discontinued taking it too early. It always requires quite some little time to effect the change that is sought and to place the tissues in a good, strong, and healthy condition. In the cure of seborrhea of the bearded skin, the same symptoms exist and the treatment is similar, except that the affected part should be shaved every day and shaved close, so as to be smooth. In such a case, the result will be quicker and give more satisfaction.

The condition of dandruff is a stubborn one and its treatment requires much patience and persistence. No matter where located, sufficient care and faithfulness in carrying out the treatment will be followed by improvement and ultimately by a cure. The matter of the constitutional treatment should be confided to an honest, careful, and competent physician. Massage of the scalp is an operation that requires both dexterity and gentleness. The various manipulations such as rubbing, tapping and dressing must be done in such a manner as to feel pleasing to the subject. The effect is not alone exhilarating and pleasant but the results are rejuvenating if we are to accept the testimony of those who have felt it. The method to be employed in massage of the scalp is thus described by a professional masseur: "The procedures which

I have found most useful are the following, usually employed in the order given:

(1) Digital kneading from forehead to occiput.

(2) Hacking from before backward.

(3) Chucking, one hand placed upon the forehead on the side of the head, the other opposite.

(4) Tapping.

(5) Hacking.

(6) Head rolling, flexion and twisting both active and passive, repeated four to eight times.

(7) Stroking from vertex to base of skull, down back of neck, and along the sub-maxillary groove.

(8) Vibration—shaking.

(9) Pressure.

(10) Hypnotic stroking.

In cases of great immobility of the scalp (a "hide-bound" condition), when necessary, a better hold of the scalp may be obtained by grasping the hair between the fingers close to the roots. Care should be taken, however, not to give so great latitude to the movements as to produce unpleasant sensations from pulling the hair.

By closely following these directions the best of results may be obtained in the way of massage of the scalp. It is this method that is followed by professional masseurs. The good results obtained are chiefly to be attributed to the fact that this operation brings about a better and more equalized circulation of the blood in the scalp. The soothing influence of the hypnotic stroke is also pleasing and brings a period of rest to the course of the blood and thus permits it to exercise its full nutritive power upon the tissues. This massage is one that is much sought



Fig. 11.

Massage of the Scalp (the Soothing Stroke).
Digital Kneading.



Fig. 12.
Massage of the Scalp (Kneading of Forehead).



Fig. 13.
Massage of the Scalp (the Hypnotic Stroke).

after by those who have experienced it at the hands of an operator, who is skillful and careful. The awkward punching, rough rubbing and brutal hair pulling done by those who do not know the elements of massage are the things which have rendered this operation so distasteful. One experience with an expert will completely change this aversion into a positive and marked liking for the process.

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CHAPTER VIII.

CUTTING THE HAIR.

Cutting the hair is a product of modern civilization. For it is a notorious fact that savages and barbarians do not know what hair-cutting is, and artists, poets and other devotees to the muses are also proud of their long hair, and utterly abhor any resemblance to a convict. In ancient times long hair was looked upon as an indication of great physical strength, and the superstition went so far as to state that man's strength lay in his hair. It was a common belief that if the hair was shorn the strength was lost, as proven by the celebrated cases of Hercules and Sampson. It was by ruse and artifice that their hair was cut, and their downfall secured by the consequent loss of strength. A modern Hercules was Sandow, but his hair was worn short, and his strength was in no way diminished. The growth of long hair was cultivated in Feudal times as the distinguishing mark of a free man from slaves, who, at this period, were forced to wear their hair cropped close just as convicts are today. The former had no liberty and the latter have no civil rights. It would almost seem that in all times cropped hair was looked upon as a disgrace. In ancient times, a soldier with short hair was regarded as a coward, or, at least, one afraid that the enemy would seize him by the hair and thus prevent his escape and force him to fight. In the seventeenth and eighteenth centuries and the early part of the nineteenth, all soldiers and sailors wore their hair long and rolled it into what was called the pig-tail. It was quite some time before this custom was abolished and that of having short cropped hair fully established.

We have omitted to mention another class of indi-

viduals who affected close-cropped hair and these are prize-fighters. This was the invariable custom formerly, but latterly, they permit their hair to grow to respectable proportions. One who introduced this latter custom was James Corbett, otherwise known as "Pompadour Jim." Still another modern class who adopted short hair were professional wrestlers as a method of safety, against hair-pulling, in catch-as-catch-can contests. If we were to follow all the various changes in the styles of dressing hair among men they would be as great as those observed by women. But, at present, we are concerned with the modes of hair-cutting and these modes are quite various and varied. One of the early styles of hair-cutting, which is still practiced in some parts of Europe and in the rural districts of this country, is that of placing a quart cup on a boy's head and cutting all the hair projecting beyond its rim. It is no doubt picturesque, but has always proven unsatisfactory to the victim. The boys much prefer the services of a barber to the amateur efforts of their mothers and, before long, it is the professional who has all this work to do. There are many professional barbers who prefer the use of clippers, as the work is done in much shorter time and does not require the care and attention that the use of shears requires. And yet, a good hair-cut, by an expert, is rapidly made and it lends very much to the pulchritude of the subject. The art of hair cutting is one that is not completely mastered in a short time. It requires some study and pains to master it. Besides, it is looked upon as an art and, as all very well know, an artist, like a poet, is born and not made. This fact is what has led hair cutters to call themselves tonsorial artists. Whether this be right or wrong, it is a very good rule to choose your hair-cutter carefully, before trusting your hair to his kind mercies and ministrations for, sometimes mistakes will occur. It is a difficult matter to advise men as to

hair-cutting. Some like close-cropped hair in Summer and Winter; others consult the weather conditions to regulate the length of their hair, and a third class pay no attention to what they seem to regard as unnecessary details. Each man no doubt is a law unto himself, and insists upon his own ideas being carried out in practice. A man who has but four or five hairs on his head, and insists upon their being cut, finds every barber willing to do so and to charge him the full price for an elaborate hair-cut, but *de gustibus non disputantur.* The matter of cutting the hair in women is one that should be studied with much care and attention. In the first place this measure is adopted for the purpose of promoting the growth of the hair, and should be carefully done, so as not to spoil the growth that is already present. The better means to employ for the encouragement of the growth is to clip off about a half-inch of the free ends of the hairs and permit them to grow without any artificial hindrance. Such a course is followed by an increased growth and it matters but little what the color of the hair may be. There must be no untouched hair left behind, but every one must be cut. This cutting of the hair like the others which have been described is for cosmetic purposes. Outside of this we have hair-cutting for remedial purposes such as the cutting short of hair in males and females after a pronounced falling out of the hair following some acute disease, such as typhoid fever or erysipelas. These are the cases which usually require a short clipping and which result in an abundant growth of hair after it is cut. In such cases, the impatience of the patient is soon rewarded by a rapid growth of the hair which is abundant. The only drawback, if such exist, is the fact that much of the new hair will be white, but this condition will not be a permanent one.

A peculiarity of this blanching of the hair after typhoid fever or erysipelas is that it frequently occurs

in streaks, instead of being evenly distributed over the entire scalp. But this is not a permanent condition and will spontaneously disappear, so that there still remains hope which will be fulfilled if the one so affected takes tonics, more especially ferruginous ones. A little hope and patience and faithfulness in taking the tonic, together with confidence in the attending physician, will work wonders and lead to a restoration of a perfect condition and the one hoped for, in a comparatively short time. Such has been the experience of physicians and patients. One more word in regard to hair-cutting. All barbers, hair-cutters or hair-dressers insist upon giving the hair a singe after cutting it, alleging that it prevents the juice of the hair from falling out and thus retains the vitality of the hair. The only advantages that are to be derived from a hair-singe consist in the additional fee demanded by the operator. There is no danger of the hair losing its juice as it does not contain any, as a reference to the description of the hair which has been given will show. The persuasive powers of those who wish to indulge in the singeing of the hairs of others may be great, but they are not true.

CHAPTER IX.

HAIR-DRESSING.

Hair-dressing is a very simple matter with men, although it becomes very complicated, in the case of women. Of course, the above is merely an expression of what the common opinion is upon these subjects, and a consideration of hair-dressing, in specific cases, will demonstrate to us that this opinion is a very false one. Hair-dressing among the savage tribes of the negroes of Africa is indeed a very complicated as well as elaborate affair, more especially in the men. An idea of this elaborateness may be gained from the annexed illustrations. Among the Chinese the entire scalp is shaved with the exception of that part where the pig-tail arises. Among the advanced Chinamen of today the hair-dressing closely imitates that of the Caucasians. The Japanese, who formerly shaved the entire scalp with the exception of a ring of hairs which was left standing, following the style of the white man cut the hair short. In fact, the predominance of the Aryan over all others shows itself in a marked manner and bids fair to persist. Different portions of different countries have their own styles of hair-dressing among men as we find them among the women in all lands and countries. That they have not varied for centuries is a well known fact. Today, hair-dressing among white men is limited to four styles. The hair is parted on either side, in the middle or in the back. The hair is brushed away from the part and the ceremony is done. There is still another style which consists in brushing the hair straight back more especially when it is cut in the roached style. This is the most convenient as well as the most rapid to dress and is much affected by men of immature



Fig. 14.
Assyrian Head Dress.



Fig. 15.
Egyptian Coiffure.



Fig. 16.
Ishtar in Babylonian Head Dress.



Fig. 17.
Pescan Dressing on Athenian's Hair.

years. In ancient times the Franks, who were a very war-like nation, had a custom of dressing their hair when about to engage in a battle. The warriors each took a thick tuft of hair, on the vertex of the head, and then wound it tightly with a thin strip of hide, so as to make it stand erect. This done, they liberally smeared it withm red ochre under the impression that the sight of these red tufts would strike their enemies' hearts with terror. The tuft was held together by a copper ring. The North American Indian is also ornate in his hair-dressing, when he is on the war-path. The ordinary warrior will gather together his scalp lock and tie it around, usually with a deer's tendon, and in the tuft so made he will stick the feathers of a turkey or of a heron. In addition to this he will put on his war-paint. The Indian Chief comes in the full panoply of war. In addition to his war paint and his lock of hair with feathers in it, he has a double band, all garnished with feathers and reaching to his feet. He then presents a most noble appearance and is ready to fight and die with his brave warriors. He is then the noble red man as he has been so graphically described by Fenimore Cooper. Those whom we see nowadays, outside of the Wild West shows, or moving picture reels, are unwashed, unkempt, and as lazy a band of vagabonds as this country affords. The only intelligent ones are half-breeds.

Another class of savages to whose method of hair-dressing we desire to allude is the negro of Equatorial and South Africa. He is a peculiar product of the soil. He does not adopt his peculiar hair-dressing for purposes of war, or of battle, but rather through vanity. He desires to make himself attractive to his dusky dulcineas and call out their admiration as well as elicit their good opinion. It would be rather a difficult task to describe the peculiar and various modes of dressing the hair which are in vogue with these

Africans. We may say, in a few words, that they have their wool cut in various designs, in order to leave it standing in the form of circles, ovals, diamonds and various other geometrical designs.

The hair-dressing in women is a most interesting as well as complicated subject. When we hie back to the ancient Egyptians and Babylonians we find that the care taken of the hair was of a more or less primitive nature. They simply combed their hair and used a fillet, not caring to give any undue time or care to the art of making the final result pleasing or of an artistic nature. The simplicity of the Egyptian is well shown in the annexed illustration depicting one of the daughters of a Pharaoh. It shows us that the daughter of an all powerful ruler, to whom nothing was denied, apparently did not possess a skillful hair-dresser. As we progress in time we may note a Greek lady having her hair dressed by a maid in rather primitive style. A reference to the illustration will demonstrate this. This picture was taken from an antique vase. When we consider the Assyrian, the hair was worn of a pretty good length and curled at the ends, as is very well shown in the figure which also depicts the broad band encircling the head. A simple hair-dressing was that of an Athenian belle which may readily be perceived in the accompanying illustration. The Roman lady's hair-dressing was certainly more ornate as well as becoming. In both instances, the chief as well as paramount question was to present a good appearance. It would seem that the women of Gaul exerted no particular pains to render themselves more attractive. But, of course, in those times they were hardly classed as being even civilized, much less enlightened. As we progress in time we will find hair-dressing more complicated and ornate. After this consideration of the dressing of hair we must naturally come to the dressing of the hair in the Middle Ages. After that, we will describe it in



Fig. 18.
Juno.

the period of the Renaissance and then take up the same subject in modern times. All of these will necessarily necessitate much description and many illustrations. The latter, of course, will be the most instructive, as well as interesting, in connection with the subject.

A very instructive as well as illuminating part of the subject is hair-dressing in women at the present day and this is of especial interest to those who pay any attention to this part of the manners and customs of modern life as we see it in our travels at home and abroad. It is more especially so today when we take into consideration our more intimate relations with Oriental nations.

When we come to medieval times we find that the hair dressing of women was quite simple, a fact easily determined by references to portraits of the period.

Examples of this kind are numerous and put us very much in mind of the Ancient Greek and Roman women not to mention the Assyrian and Egyptian ones, who, in spite of their high ranks and position, were very much in favor of simplicity in their hair dressing. Thus, at the beginning of the Christian era, Mary, the mother of Christ, Martha, her sister, and Mary Magdalen, the sinner, parted their hair in the middle and left it hanging on either side. This simple hair-dressing was one that was practiced by nearly all the women of Judea. It was quite popular and has its hold upon women even unto this day. A modification of the simple part was having a bandeau on each side, the ends of this being placed in a chignon at the back of the head. This was so arranged that it soon became fashionable. The plain part in the middle is practiced to this day and it is regarded as quite the proper thing in the Island of Korea, where a bride always parts her hair in the middle, as being quite the correct mode and the latest

in nuptial styles. Ortrude, one of the wives of Charlemagne, had a very simple hair-dressing, although it was rich and worthy of the dignity and power of her husband. It was not for a very long time that elaborate hair-dressing was introduced. Thus, we find this austere simplicity reigned until feudal law was instituted. Then it is that we find the hair-dressing of women underwent as great a revolution as the laws for men. It was then that the hair-dressing began to become elaborate. One of the earliest fashions was the heraldic hair-dressing in which a gold band held the hair and this band was surmounted by coats of arms, in that manner indicating the rank and titles of its wearer. A simple hair-dressing was that of Joan of Arc, the Maid of Orleans. As she was always warring, and wore a helmet, she had her hair cut short over her forehead in the shape of the modern "bang." She adopted this head-dressing to prevent her hair from coming over her eyes and thus interfering with her vision. That the adoption of this style was advantageous is proven by her subsequent victories over the enemy. This dressing of the hair did not die, but was revived for little girls as well as of many who had passed the age of puberty. It has been very popular, in modern times, on account of the facility with which it may be carried out by all those who depend upon simply combing and brushing their hair. But it must not be supposed for a moment, that there was no such thing as elaborate hair-dressing in feudal times.

A simple and cursory investigation of the hair-dressing in those periods will establish the fact that it was not alone ornate but complicated as well. Thus, we find that the grandee dames of the various courts depended very much upon their hair-dresser, as much perhaps as upon their private advisors. As the readers of these pages fully know, Louis XI, of France, demolished the feudal system and simplicity once more



Fig. 19.
Venus with the Bow.



Fig. 20.
Empress Faustina.



Fig. 21.
Ancient Crowns.



Fig. 22.
Joan of Arc.



Fig. 23.
Catherine de Medicis.



Fig. 24.
Marguerite de Valois.



Fig. 25.
Madame de Maintenon.

established its reign. Henry II had for wife Catherine de Medicis, who wore a black velvet skull-cap that came to a point in front, and had a row of small curls projecting from it. Anne, of Austria, and Madame de Sevigni, who were contemporaries of Louis XIII, wore their hair in small curls over the forehead and had an elaborate dressing in addition. Were we to take all the various reigns of these sovereigns and the hair-dressing of their various wives and mistresses, our task would never end. However, it may not be amiss to mention some, as they were the ones who set the fashions and the imitation of them was the great factor in establishing customs and distinctive styles in hair-dressing and coiffures.

It was under the reigns of Louis XIII and XIV, that the hair-dressing of women was most complicated and that it was the best in appearance. It was then that hair-dressing as an art reached its apogee. Those who have followed this branch of the customs of peoples, and other sartorial arts will readily recognize the truth of this. It may be asked by some hypercritical readers, why so many French styles have been mentioned, and it is merely necessary to remind them that the centre of style and fashion always was in France. Even today it is to Paris that all women turn to learn the latest fashions. It is natural that we should do the same, as the votaries assembled at Fashion's shrine. So we will continue to follow this lead, and merely hope that it will turn out both interesting and profitable to all to adopt a style that is easy to follow and susceptible of being done quickly.

The most simple hair-dressing of which we have a pictorial record is that of Mary, the mother of Christ, her sister Martha and Mary Magdalen the Sinner. This was a simple part of the hair that ran from before behind with the ends on the sides hanging down. This style, when it was adopted some centuries later, was modified by making the hanging hair

into bandeaus, one on either side. The ends of the bandeaus were tucked into a chignon which was curled on the back part of the head. This is a style that still has a vogue at this day, and is much affected by women, who are desirous of adopting simple styles of hair-dressing. It is one that is invariably adopted by brides in Korea. To resume the subject, we may state that the most elaborate hair-dressing of the time of Louis XV was that of Madame de Pompadour, herself an artist, painter, sculptress and writer of no mean capabilities, and her hair-dressing was the best one of her period. Herself a beautiful woman, she was a paragon, after she had undergone the kind ministrations of her coiffeur. Another beauty who preceded her was Madame de Maintenon, who was always recognized by her peculiar hair-dressing. She affected a small square of lace whose form was determined by a silver wire which held the lace in position and determined its form. This fashion was not followed to any great extent, because the lace and the silver wire required means on the part of the one who indulged in such a luxury. Anne, of Austria, wife of Louis XIII, added to her hair-dressing a row of ringlets over her forehead, a style which was also affected by Madame de Sevigne, the well known letter writer. We might thus go on calling attention to all these different modes of hair-dressing adopted under different reigns which depended largely on the whims and caprices of those whose hair was dressed by the ones who were really tonsorial artists. As we progress down the corridors of time we note the great changes which have been wrought in hair-dressing which are so great as to be worthy of being made a separate study which no doubt would be of the highest interest to our women readers. As we progress in time, we see some very radical changes in woman's hair-dressing. The chignon gradually gave way to the water-fall in which the hair was confined in a net



Fig. 26.
Madame de Pompadour.



Fig. 27.
Princess Palatinate.



Fig. 28.
Marie Antoinette.

and which, to the present generation, is merely a piece of ancient history. Let us look at the portraits of our grandmothers and we will see this style in all its glory. We remember the time when this was the height of fashion and the stores made ado about the latest styles of hair nets. They were anything but invisible, which today is the popular device for holding rebellious hair in proper position and will, in time, give way to some other fashion. But we cannot devote too much time to the fashions of other days, but must, perforce, speak of those which now prevail. It would certainly require a work of encyclopedic dimensions, to give all of this, and we will limit ourselves to dealing with a few which are today almost in our midst or at least are within easy reach of those who desire to make a study of this subject. However, it may not be uninteresting to call attention to and describe some of the modern hair-dressing among the Swedes, Italians, Spanish, Chinese and Japanese, not omitting the natives of South and Central Africa, all of whom have interesting and, at times, elegant hair-dressings. These are all very solicitous of producing a good impression with their hair, and spend quite some time in bringing it to a stage where it will exert this effect. Let us begin with our blonde beauties of the North. But, before taking up the women of foreign lands it may be better to take a general view of those who are about and around us. Thus, nowadays we are confronted with frizzes, plainly dressed hair, the Sappho knot, the much-curled hair, the long curls, the bangs, the bobbed hair, and combinations of these. The bobbed hair, with a full bang, and other varieties confront us on every side. We cannot say that they are beautiful, and truth compels us to assert that the majority are far from being becoming and, in fact, are actually hideous. So that, acting as a looker-on in Venice, we are not attracted by any beautiful styles or fascinating combinations.

A search throughout the world for typical head-dressing reveals to us quite a sameness with very little variations. However, we find that there are some things in the hair-dressing of the Italians, Spanish, Norwegians, as well as of the Chinese and Japanese, that are not common. For instance, an Italian woman has a head cloth which is spread over an oblong piece of pasteboard and this is allowed to project in front beyond her head. The cloth is then permitted to float back over her head and the hair is just simply parted in the middle. Those who endeavor to be slightly coquettish, will have small curls on each side, and thus form a pleasing picture of the head. The older women are content, with simply a cloth folded over the forehead and thrown back, without any effort to make them look more pleasant or better looking. The contadinas care little for looks, as their chief function is to work the fields, and try to make them as productive as possible for the husband who treats his wife like a laborer.

The Spanish woman is naturally more careful of her appearance and of her hair-dressing, and she makes it a point to present a good appearance and, in fact, to look well and even handsome. She is naturally graceful, whereas the Italian woman depends upon beauty of features. Her attention is small in the matter of dressing her hair, and yet she has the art of producing an impression which is both pleasing and lasting. This is the chief reason why artists who go to Italy to study and to paint scenery, and study the living model, have always brought back such fine paintings of Italian girls and women. It is no wonder that the great Italian artists were able to paint their masterpieces. They found their models everywhere, and each one was better looking than the last and more worthy of being painted. It is the result of this selection which has been the production of the great paintings by the Italian masters of the art, and



Fig. 29.
Madame Prevost.



Fig. 30.
Long Curls of Empress Eugenie.



Fig. 31.
Italian Head Dress in Women of Valencia.



Fig. 32.
Mary, Mother of Christ.



Fig. 33.
Bandeaux and English Curls.

has founded a school which differed, in every respect, from the Dutch, Flemish and German as well as French art, not to mention Spanish schools.

The Spanish woman is more careful to present a pleasing appearance, and she devotes more time to her head-dressing than her Italian sister. She is careful to have her hair dressed in a pleasing manner and one that will enhance her natural charms, as Velasquez knew how to depict in his paintings. She employs some factitious helps, like her high comb and her mantilla, both forceful aids to set off her beauty of face and generally handsome appearance. Give her a fan and she is completely dressed. Her hair is often in plaits, and those are brought onto the top of the head, so as to give the appearance of a casque. Otherwise, she parts her hair in the middle and wears bandeaus which are tied to a chignon, on the vertex. No matter how she does it, she produces a striking effect and often presents a queenly appearance. Her great charm lies in her large lustrous black eyes, raven hair, scarlet lips, and the entire symmetry of the head-dressing with the oval face which is beneath it. Such an effect does a Castilian beauty produce, that it is never forgotten by the onlooker. It is such a sight that is called ravishing or entrancing and we can hardly wonder that the Spanish artists would paint no other woman but Spanish. Possibly, the best types are the Andalusians for beauty of features, gracefulness of movement and quickness of action. They have certainly impressed all those who met them with these traits and qualities and authors and poets have dwelt upon them.

We now turn to the East to describe hair-dressing among the Chinese and the Japanese women. In China, where everything is reversed, we find the hair-dressing very simple. The art of making this elaborate has never been adopted, and the dressing of twenty centuries ago still prevails in the Celestial Empire.

From the palace to the coolie's hovel the woman simply combs her hair backward and makes no attempt to have an elaborate method, such as would be ornate or pleasing. From the maid of fifteen to her ancestress of seventy the same style prevails. The only concession which they have made to the Western devils, is to use the central part, a style which does not seem to improve the looks by any means.

A peculiarity in the style of hair-dressing is that the hair is brushed close to the scalp, giving the impression that it is glued and affording a good idea of the shape of the skull. In other words, the hair-dressing shows us that the Chinese women are microcephalic and the exhibition of more than an ordinary degree of intelligence on their part is regarded as extraordinary, and an intelligent woman is looked upon as one of the seven wonders of the world. As a proof of this we need only cite the Empress Ann, who made such a name for herself throughout the world, although it must be conceded that she fully demonstrated the capabilities of the Manchu dynasty and showed herself a woman of powerful will and executive ability. She had the male's cruelty, and the female's vengefulness. But we have not the space to make an analysis of this extraordinary woman. She was strong in her will and impulses, and a veritable statue of bronze against sentiment and pity. Her reign was characterized by advancement and progress. In fact, she was very much the cause of making China a first-class power among the nations of the world. She abolished ancient customs with a ruthless hand, and introduced the best and latest in the army and navy, and thus added to the glory and power of China. The junk gave way to the dreadnaught and the tom-toms to the mauser. In other words, she modernized China and continued her good work by causing the abolishment of the use of opium, not the least of her good deeds. For the women, she killed the barbarous custom

of making the feet small by giving the example of wearing large, comfortable shoes. The elaborate head-dressings were made of the simplest kind and thus she gained the good will and admiration of all of her subjects. In this manner, a mandate was transformed into a custom and today a Chinese woman walks properly instead of tottering about as was formerly the custom. Foot deforming is no longer known but instead, good shoes, comfortable slippers and well-fitting foot-gear and clothing have come into vogue. The head-dressing, while not complicated or elaborate, is sufficiently becoming, and makes the Chinese woman's face at least interesting, if not absolutely handsome from our viewpoint. The Chinese women in this country are very few in number and are so closely guarded that it is very difficult to have an opportunity to speak to them. The city which had the largest number—San Francisco—only has the lowest order or coolie caste. The dressing of the hair of these women will show at a glance the character of the one wearing it. It is as good an index as a sign would be and, perhaps, a little plainer to one who knows how to read character and instinct. When we take into consideration the fact that, at one time, a number of Chinese were driven off the mainland to an island, now known as Nippon or Japan, it is really remarkable to note the improvement that set in, an improvement in all respects which has made that small island a strong factor, in world politics, and a nation whose warlike qualities are marked both on land and sea.

But to resume our subject. The Japanese are progressive and quick to adopt improvements in all things and they have proved this in all lines of human endeavor. They are quickly appreciative as they have fully demonstrated in medicine, the art of war, in alertness and in many other respects. They are the soul of courtesy and entirely unreliable in business

affairs. Their virtues are fully counter-balanced by their lack of truthfulness and rectitude. The Japanese character is one full of interest for the psychologist.

The hair-dressing of the Japanese women is a rather complicated affair and requires quite some time to accomplish. I have seen a blonde Japanese girl, who was called a half-breed, her father having been an Englishman and her mother a full-blooded Nipponese. This girl was probably the only good-looking one I met in Japan. She had not completely adopted the native method of hair-dressing. This consists of a number of bandeaus, which are crossed in numerous directions, with the hair puffed at the back and the front, presenting what may be termed large curls and in front the inevitable Kobi Knot which is almost the trade-mark of a Japanese toilet. In the back of the head, there is quite a large knot, this being necessitated by the fact that the Japanese pillow is of wood and the hair protects the scalp from injury, chafe or any other of those little disagreements which are avoided when eider-down pillows are employed. Of course, the Japanese pillow is rather hard, but those who use them easily adapt themselves to this order of things. When the hair is dressed, it presents a monumental appearance and the native's desire for the ornate shows itself in the various pins that are distributed throughout the hair-dressing, these pins terminating at their free ends in flags, fans, and other small as well as pleasing objects. The general appearance of this custom may be seen in Fig. 34, made from a photograph taken in life.

Those who exhibit the best examples of this variety of hair-dressing are the tea-girls, in the various tea-houses, not to mention the geishas who specialize in elaborate hair-dressing. It is really worth one's while to study these, and follow the intricate mazes of an elaborate hair-dressing, as well as to follow the various



Fig. 34.
Japanese Hair Dressed.



Fig. 35.
Japanese Girls—Hair Dressed.



Fig. 36.
Japanese Girl—Hair Not Dressed.



Fig. 37.
Hair Dressing of a Chinese Lady.

stages in their elaboration. The general effect, on the whole, is good, and the appearance of the one so equipped is an excellent one. We have met Caucasians who were never-ending in their praises, and deplored the fact that the European girls did not adopt this hair-dressing. It may become the custom in Western countries, but there is a long interval before such a much desired change will come to its fruition. The men are certainly willing, but the better halves of the community are opposed to these heathenish customs and fashions, and perhaps they are right in their views.

We now leave the Mongolian to turn our attention to the African. Our readers may not know and not even suspect that there are certain tribes of South East and West Africa, who have their own peculiar customs in regard to hair-dressing. To begin with, they have much trouble in combing their wool, and overcoming this difficulty is attended by much pain and many bitter tears. Our civilized negroes, in the Northern States, are very coquettish and spend much time to straighten out their wool, puff it, and imitate the whites, as best they may, to have a hair-dressing in imitation of the fair daughters of Eve.

A native hair-dressing of a woman of Dahomey is shown in Fig. 38. A variation of this is to have the wool projecting on each side of the head instead of having it on top as shown in the picture. As it takes much time and trouble to achieve the building of such a structure, the pride in its successful accomplishment is naturally great, and this is greater according to the amount of trouble that it has entailed. We cannot really see the beauty in this head-dress and look upon it more in the light of a curiosity than as a work of art. As a study in native manners and customs, it offers a certain amount of interest, and as a diversion from the hair-dressing of the Caucasian, it certainly gives us another idea of the trouble and labor which will be devoted to a work whose final

object is to appear pleasing to the other sex. But this is rather a question for the anthropologist to handle. It has been given to show the diversity in hair-dressing among different nations and peoples and also of the effects produced by these various hair-dressings from those practiced by the most enlightened, to the vogue among savages and barbarians. The subject is one that is really inexhaustible, but what has been given is certainly sufficient for this book.

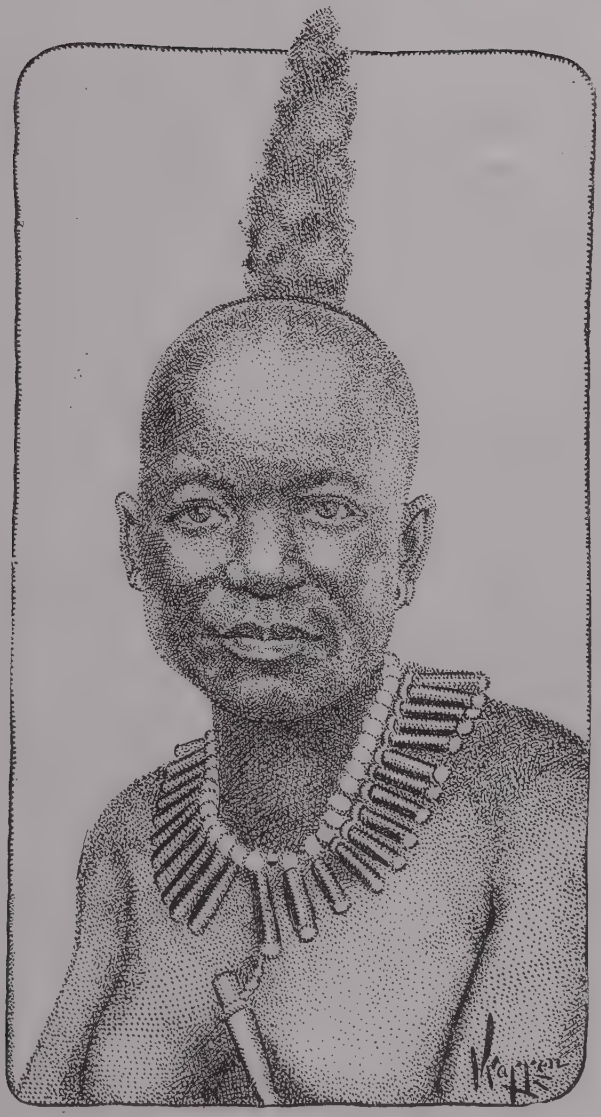


Fig. 38.
Hair Dressing of a Dahomeyan Woman.

CHAPTER X.

HAIR RESTORERS.

Hair restorers are solutions which are reputed to prevent falling out of the hair and to act as mediums to promote the growth of hair. There are many on the market and the manner in which they are compounded is calculated to make them pleasing to the eye and to the smell and more or less refreshing to the scalp of the one using them. It would be out of good taste to mention these toilet preparations and it would perhaps be more profitable to give a formula for one which acts as a general mild stimulant, a detergent and as a promoter of the growth of the hair. The formula is as follows:

Resorcin (resublimed) . . . . . 8 grains.
Alcohol (80%) ethylic spirits . . . . . one ounce.
Compound tincture of cinchona . . . . three ounces.
Bay rum . . . . . two ounces.
Carmine . . . . . five grains.
Mix and shake well.

This lotion should be used every time that the scalp is massaged or the hair cut. It will be found to be pleasant, of a mildly stimulating character and cooling to the scalp. It is to be rendered more pleasant by adding some perfume such as extract of verbena, geranium or whichever odor is liked best by the user. Such little additions add a great deal to the popularity of a hair-dressing. A pleasing odor is that which is furnished by cud-bear and makes it more liked by the one who is using it. There is no doubt that there exist certain Oriental perfumes that are simply indescribable and lend an aroma and a charm which

are all their own. A work on perfumes will indicate these and serve as a guide.

The manner of using these preparations consists in gently rubbing them into the scalp and adding to this a massage which will aid in stimulating the hair roots and bulbs and thus promote a growth of the hair, besides contributing to an increase in the circulation of this particular region of the skin. This alone has a tonic effect whose value cannot be over-estimated and whose after-effects are always of the most satisfactory kind. As a pleasant as well as efficacious hair restorer it has no superior and the mechanical adjunct, in the shape of a massage, makes it all the more efficient and agreeable to its recipient. The formula which has been given is as practicable and as handsome in appearance as any of the most popular "hair tonics," so-called by barbers and hair-dressers. After all, it is no difficult matter to construct a formula on the spur of the moment when the necessary qualities and demands are stated. Any competent dermatologist should be ready at any time to construct such a formula that would be both satisfactory and pleasant.

As we progress along in the course of this book there will be given other formulas of an equal value and as cheap to make.

CHAPTER XI.

SUPERFLUOUS HAIRS.

Superfluous hairs, hypertrichosis, or hairiness, is a condition which is very interesting and withal annoying to those afflicted by this condition. To begin with, we have the condition which is generalized over the whole body and other forms in which it is only encountered over small areas of limited extent. All of these require special mention as they need more or less special care and attention. As we descend the ladder of evolution, each rung that we pass brings us that much nearer to the hairy animal. Hairy men are of ancient date, if we are to believe the ancient authors. Thus we are informed by the Bible that Esau was hairy, and his father who was blind was deceived when his brother put on the pelt of an animal and presented himself as Esau and in that manner deprived his brother of his lawful birthright. So that the first record of a hairy man is connected with a fraudulent transaction. That generalized hairiness is an indication of a strong, robust constitution, is a mistaken idea. For hairy men are notoriously prone to acquire tuberculosis and fall victims to it. A little patient observation will confirm this. All we need to do is to follow the medical history of such an individual and we will find him succumb to the great white plague. If the observation is carried on to that of physically strong men, it will be found they have firm white skins and no overgrowth of the hairy system. It is the observation of such examples that overturns the false notions which have been handed to us. An overgrowth of hair, where it is normally implanted, is known as orthotopic, whereas, an overgrowth of or presence of hair where

it does not naturally grow is denominated as heterotopic. Pliny, the younger, has mentioned the homines pilosi, but, contrary to his usual custom, he has not dwelt upon them or devoted any considerable space to the subject.

Hairy men are by no means rare, and examples are seen here and there. We present an illustration of a homo pilosus and will show some more and stranger examples of the large development of hair. There occur cases in which the development of normal hair becomes quite great and in Fig. 40 is shown the head of hair of Naomi Sutherland, which at that time had reached a length of seven feet. Such great development of the hair of the head is anything but extraordinary. The homo pilosus or hairy man of Pliny is met with every day and it is quite a common thing to see men who have a remarkable development of the hairy system. Their arms are as hairy as those of an ape, and their appearance is anything but esthetic or comely, in this hirsute condition. These are the men whose wives call bears, as much in a spirit of admiration as of dislike. But, it must not be supposed that this hairy condition is limited to men, for it is also observed in women and girls. School-girls of fifteen or sixteen are often seen whose arms are quite hairy and a source of much worry and discomfort to them.

This marked growth of hair is indicative of a nervous system that is easily influenced, and the character of those so gifted with a marked growth of hair on the limbs is one that is rather weak and vacillating and not marked by firmness. All males and females who have a large growth of hair on the body or limbs are not necessarily physically strong but are rather weak and susceptible to tuberculosis. This is more especially true of those whose hair is black. This is far from being a theory, for it is the result of observation, and many are those who have paid the



Fig. 39.
Hairy Man (Homo Pilosus).



Fig. 40.
Naomi Sutherland—Long-haired Woman.

penalty of hairiness in a tribute that was death. The growth of hair on the body is often quite large, more especially in men, who seem to possess a facility for the development of hair, a feature that is not possessed by women. Men whose occupation necessitates the exposure of the chest to the air more easily develop hair in this locality, as witness the examples seen in sailors and similar hardy individuals, which does not mean to say that the exposure of the chest brought about by the wearing of low necked gowns by women induces an abundant growth of hair upon the chest. Of course, we must bear in mind that a low-necked gown is not worn exposed to the rude blasts of winter and those other climatic influences which are held to promote a growth of the capillary system. The question which immediately presents itself is, why fisherwomen whose faces are exposed as much as their brothers' or husbands' do not also have beards develop upon their faces as they do upon those of their male relatives. It is not unusual to see women who have passed the climacteric, with well developed moustaches and even beards. It may be that this revolution of the entire physical organism in a woman is a potent factor in the development of the hairy system. It is no extraordinary thing to observe here and there an exception to the ordinary rule or an aberration from what is considered the normal. It is not a common thing to see a bearded woman, for instance, and the writer has had the opportunity of seeing such but twice. He satisfied himself that they were women and the second one was married and had two fine, healthy children, one of whose chief amusements was to toy with her long brown beard. Such anomalies are far from common and yet it is quite ordinary to see a woman with a fairly developed moustache of which a young man could well feel a pride in possessing. It is a rather common thing to observe girls with quite a good indication of hair

on the upper lip and instead of being proud of such an ornament, they make an effort to get rid of it. Another class are blessed with a fair growth of side whiskers. They are the ones who constitute the bane of the lives of dermatologists, in their demands to have the hair permanently destroyed. But these are merely slight disfigurements in comparison with that of "Jo Jo," the dog-faced boy, and the Russian who has been exhibited everywhere to the astonished audiences of various circuses and museums of freaks and other examples of the aberrations of nature. We do not have opportunities of seeing as many of these freaks as we did some forty years ago. There is no doubt that the fashion will soon show itself once more as it usually does every new generation.

These have all been examples of orthotopic hirsuties, and it may be in order now to mention examples of heterotopic growths of hair. Thus, the writer has seen in a man a long growth of hair in the lumbar region, and has also noted a marked growth of white hair on the sclera of a man, which, in reality, was a reversion in type, as it is by far no extraordinary thing to see these growths of white hair from the sclera of a calf. Anyone who makes his residence on a farm where cattle are bred will have an occasion to observe this curious phenomenon. The condition is certainly a curious one, more especially as it constitutes one of the varieties of hirsuties which we may have occasion to observe. It must not be forgotten that all these conditions are not confined to the human species but aberrations and anomalies also occur in the different varieties of animals. And it is an established truth that the anomalies observed in animals find their analogies in human beings. It is for this reason that a true student of the curious in the human is attracted by all animal and plant life more especially in the study of tumors and new growths. For these reasons an extended study of nature in general gives

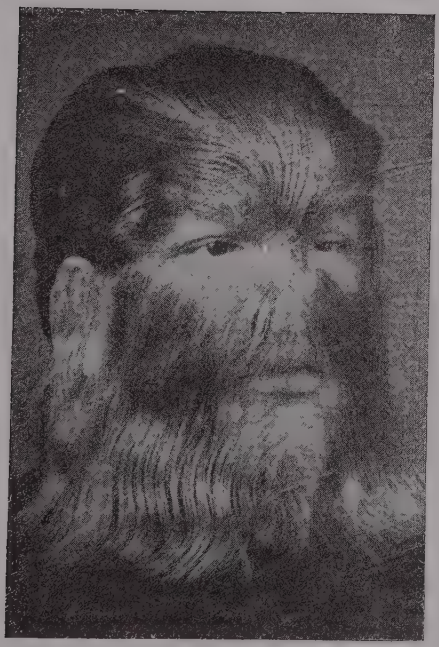


Fig. 41.
Jo-Jo, the Dog-faced Boy.



Fig. 42.
Hairy Moles.

us a broader idea of the functions and deviations from the normal in particular cases.

There are some particular forms of hypertrichosis which have not been mentioned above and these concern the vibrissæ (short hairs) of the nostrils and of the ears. A peculiarity of these is that with advancing years they become longer and stiffer and instead of filling their normal physiological functions they interfere with them. It is for this reason that plucking out these hairs is a bad practice and one which leads to much inconvenience and bother. For the vibrissæ are intended to arrest and catch all foreign matter which enter the cavities that these hairs line, and in that manner constitute guards to and protectors of these cavities. By pulling out these hairs the protectors of the cavities are removed and their protection lost. It is such thoughtless acts which bring on troubles of the nostrils and of the external ears which are apt to become chronic and difficult to cure. It is always best to inquire of some competent authority whether the practice is permissible in a given case. Another phase of hypertrichosis is the growth of long hairs out of moles upon the faces of middle-aged or elderly females. These also should not be jerked out but cut close to the skin. A better appearance is thus secured and no dangerous results observed, as is but too often the case when these stiff strong hairs are forcibly pulled out, not to mention the total absence of pain when the hairs are cut. From a cosmetic point of view the result is also much better and the peace and comfort are certainly preferable to the annoyance and pain which are certain to follow a forcible extraction of the hair. Men pay little or no attention to such small things but they constitute a real worry and annoyance to women. A number of generalized cases of hypertrichosis have been observed in the so-called wild men and wild women who had fled to the woods and lived there in a condition of perfect nudity. It

is not alone in this country but in Europe that these cases have occurred, and, from the newspaper accounts which sporadically appear, there still seem to be some of these unfortunates at large in the woods. The condition of universal hairiness seems to be fostered by the exposure of the skin and the lack of care given to it. These individuals exist like wild beasts and become hairy and rough like the examples which they are following. Such unfortunate examples are no longer human, they have fallen to the level of the brute, and, in some, it has been observed that there is quite a marked growth of hair on the forehead. The presence of hypertrichosis in an individual is certainly not an indication of evolution in the right direction.

CHAPTER XII.

THE BEARD.

After the consideration of hypertrichosis, it may not be out of order to devote a few pages to the beard. This appendage of the male, which was supposed to be a true badge of manhood, has been known for all ages and in all countries. The ancient writers have much to say of this hirsute adornment of the male and the representations of it have been very numerous. The old Rabbinical writers have gone so far as to represent the deity as an old man with a white beard and a serious look upon his features, making him the very ideal, in looks, of an ancient patriarch. But it is the purely Semitic idea which, in itself, is a very ancient one and dates far back to the Pharaonic period and, on that account, is worthy of due regard and respect. For the present moment, we will examine the records engraved on stone of the Assyrians and Babylonians, and then come down to the Egyptians, and thus continue our journey to the present day.

The Assyrian kings, if we are to judge by the sculptures which have been unearthed, wore long beards which were curly as may be seen from a tablet of Assur-ba-ni-pal, as it appears in cuneiform characters, and which is translated as Sardanapalus. That he was a most powerful ruler as well as a rich one is evident from the inscriptions which have been left behind, which speak of his strength and riches. If we are to believe the legends which are thus handed down to us, there would seem to be no limit to his power, and his face in the sculptured rocks betrays a strong will and determination, such as was becoming to such a powerful potentate whose wealth was beyond the dreams of avarice. Another well known

personage who came after Sardanapaluss, who was a strong character, is Moses, and he also wore a long beard, but he only followed the fashion of Abraham, who was the Nestor of all of them. We must regard him as the typical patriarch, who instituted the patriarchal rôle among the Jews, and he was characterized by a long, white, flowing beard. Moses, who presented the tables of the law, or the ten commandments, was also known to wear a long beard. It is not strange that he did so, for at that time all the kings of Egypt were distinguished in that manner, as it was supposed that a long beard added to the dignity of a man and commanded the respect of all those with whom he came in contact. Moses, as the leader of the Jews out of the bondage of the Egyptians, was a true one and made his influence felt more than any other. He led the Jews to the land of Canaan, which was reputed to run with milk and honey, and there he settled with his tribes. It was not long until they established themselves as owners and rulers of the promised land. It was this feat of his that fixed his reputation, more firmly than ever, and placed the Judaic religion on a foundation that could not be shaken.

So much venerated were the beards of Abraham and Solomon, that the wearing of the full beard became a custom which still persists to this day among the Jews who are orthodox. Those who are heterodox enjoy full liberty in this respect, as they do in regard to many other customs and manners, in which they have adopted the modes of the Gentiles. This style of wearing the beard was also adopted by Mahomet, the great founder of Mahometism, whose beard was regarded as sacred, and one hair of which is still preserved by the true believers of Islam. It is a sacred object, and is revered and worshipped by the true followers of Mahomet. It is the object of as much devotion as the relic of a Christian saint.

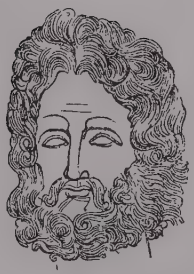


Fig. 43.
Beard of Jupiter.

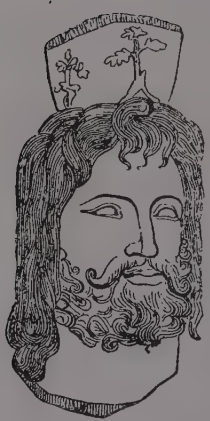


Fig. 44.
Beard of Neptune.



Fig. 45.
Apollo Shaven.



Fig. 46.
Beard of Mercury.



Fig. 47.
Assyrian King, Curled Beard.



Fig. 48.
Hannibal.

We have hurriedly mentioned Mahomet, but his beard is not as great an object of devotion as was that of Christ, the founder of the Christian religion. Christ had a full beard which naturally parted in the middle and was handsome withal. He was still a young man when he was crucified, but he had arrived at the full age of manhood. Whether Gentile or Jew, he made the greatest change in religion that was ever accomplished by any one man. He made more followers, who still remain in all their vigor and strength, than has any other with the possible exception of Mahomet. After the death of this latter, we find a large, gigantic figure of a man, who made the entire world tremble, who had a long full beard and who, whilst the terror of all, accomplished more good than any of his contemporaries. The man who dominated all was the great ruler, warrior, and philanthropist, Charlemagne. Himself unable to read or write, he was a most generous patron of schools and was not slow to reward all clerks, on account of their great accomplishments of reading and writing. He died just before one of the greatest wars after that of the Romans and Carthaginians. It was not long after his death that the Crusades began, and it is now that we may observe how the beard was worn. The Musselmen, who were determined to keep the Holy Land, fought with all their strength and were distinguished from their Christian opponents by wearing their beards full, whereas the Crusaders wore a moustache and goatee which together formed the cross, for which they were battling. This little fact is one which has escaped the notice of many of our Christians, who are rather inclined to look upon this manner of wearing the beard as a fad more than a reminiscence of past ancient times, that witnessed some of the bloodiest wars ever waged in the world. It was thought that so much carnage would never be known again;

but in vain, for we are now witnessing a war that for carnage and destruction of human life had never been seen before, and this in the full light of the enlightenment of the twentieth century. But this is wandering from our subject. The various forms of beards which have been adopted at different periods of the world's history will be noted as we deal with the subject. Now we will take a step backward in history and find that Philip of Macedonia wore a beard, and his son, Alexander the Great, was smooth faced and while still a boy had conquered the world and sighed for more worlds to conquer.

The students of history will note that the greatest generals of antiquity were smooth-faced and showed no signs of a beard, or of a hirsute adornment to the face. In testimony of this we need only mention Pericles, Julius Caesar, Augustus Caesar and a number of others who were successful in their several wars, and added much to the territory and glory of their respective countries. When Rome was invaded by Attila and his Huns they were all bearded, but succeeded in destroying the city of Rome and left behind nothing but the ruins of the Eternal City. That was the work of the bearded man. The Greeks and Romans named them barbarians, and they had good cause to do so, which does not mean to say that the men who are smooth-faced are better soldiers and generals than those who wear full beards, for history could prove the opposite.

Going back to ecclesiastical history, we find that the priests of the Roman Catholic Church at first wore beards and many popes were bearded. The Greek Catholic Church never discontinued the manners and customs of the very early days, and to this day they all wear full beards, marry, and raise families. They still claim a straight line of descent from the twelve apostles, and aver that theirs is the true Catholic Church. The priests of this branch may be seen in



Fig. 49.

Charlemagne.

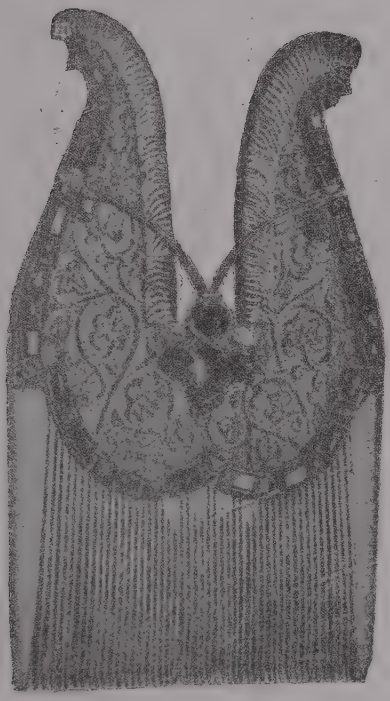


Fig. 50.
Beard Comb of Sixteenth Century.



Fig. 51.
Richelieu.



Fig. 52.
Tattooed Lip of Aino Girl.



Fig. 53.
General Joffre.



Fig. 54.
Wilhelm II.

every large city of the civilized world, and they continue the work which was inaugurated by the twelve apostles, as they spread over the entire world to announce that Christ had come and died to save mankind from the effects of sin and show everyone the true road to salvation. They are orthodox Christians of the old school. The sacerdotal habiliments of Greek priests continue to remain the same and look quite picturesque. The sacred functions of him who wears them is known at once. He is also very much inclined to be human and to act like a human being.

As we come to more modern times, and we find that in the time that Louis XIV reigned, or thereabouts, the streets of large cities were infested by bravos, for the most part Italians and Spaniards, and they invariably wore heavy moustaches and small goatees. Such also was then the custom of the French musketeers who served the King, the Queen, or the Cardinal. They were all swordsmen, expert fencers and always on the lookout for an opportunity to fight some nobleman or a foe worthy of the steel of the one who sought the quarrel. All the bridges in the large cities were infested by cut-throats and thieves, and it behooved each one to wear his trusty Toledo blade at his left side. These were the times when the older, law-abiding citizens remained at home, and the younger element who went abroad prospecting found more quarrels and duels than they did pennies. In all these cases the principals, whether noblemen or bandits, invariably wore moustaches or both these and goatees. A beard would have condemned them to a home for the old and decrepit men.

When we consider the pictures of the kings and courtiers of the courts of Europe in the sixteenth and seventeenth centuries, we find that full beards are conspicuous by their absence. The principal personages either had smooth faces or limited their beard to a

moustache and goatee. All remember well that Cardinal Richelieu was thus adorned, so far as any beard was concerned. In fact, he was one of the few prelates who was such in name only, and who had practically thrown his frock over the wind-mills, although he retained his political power until his death. Father Joseph, his gray eminence, was smooth shaven and was really the power behind the throne. Thus, we find that the growth of hair on the face is not the sign that the individual's intellectual powers are of a corresponding strength, as those of his hair-growing qualities. One fact has always been coincident, at almost all times and in all ages, and that is that fishermen, sailors, pirates and other sea-faring men have had a full growth of whiskers. This is probably due to the necessity felt to protect the face and neck against the winter and the sea-water, which comes in contact with those parts. The old sea-wolves needed that protection so as not to contract colds and other diseases that would interfere with their duties or usefulness in their vocation. We also find that the men of the North wear beards to protect the face and neck against the cold winds which prevail in those zones. Those who inhabit the tropics, like the Malays, are willing to limit their beard to a moustache or shave the face clean. Ancient busts have revealed much to us on the subject of the beard. Thus the ancient sculptors represented Jupiter with a full beard and a fine head of hair and both as smooth as if their owner had stepped out of a modern barber's chair. A good idea of the appearance presented may be gained from Fig. 43. On the other hand, Neptune, who governed the seas, whilst possessed of a full beard and a full head of hair, was not then in as good-looking a condition as his brother Jupiter. His hair and beard present a more or less tousled up appearance as might be expected of one continually exposed to the winds and storms of the seas. In the appended figure we

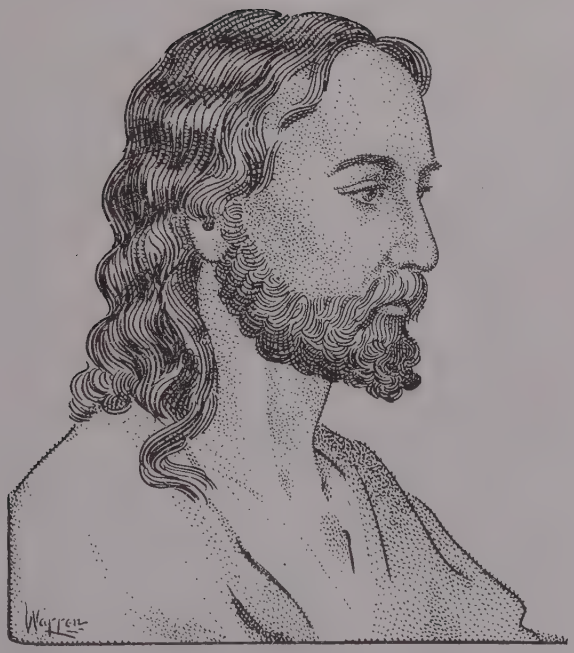


Fig. 55.
Christ.

have a good representation of this condition and there is no doubt whatever that the artist was fully aware of the conditions he was to represent. Apollo, the god of poetry, has usually been represented to us as a young man of regular features with a beardless face. An old bust of this popular deity represents him as a young adult with a beard surrounding his neck and looking very much like a collar. This may be a surprise, perhaps, to those of our readers who hardly expected the god of poetry to be anything but one of youthful appearance and demeanor on account of his constant company of the nine muses who are all shown to be as comely young girls.

However, after this little digression we will resume our subject of the beard and call attention to some of the more commonly known styles that have been seen in past ages and are still worn by men of today. Thus we have the well known beard of Henry IV., King of France, and of Navarre, which was cut so as to end in a more or less marked point. He was the most gallant man of his time and was looked upon most favorably by the ladies who found in him all the qualities and virtues of a perfect man. His beard was one that soon had many imitators and it was of such shape that it enhanced the looks and appearance of all those who adopted it. In fact, it established a fashion which still exists today after some few centuries of its original adoption. The king who always appeared thus did not abandon this style, as it had acquired his name and thus helped to perpetuate his memory and his renown. We have found that this cut of the beard is still popular at this day not with kings particularly, but with the public in general. If care be taken to follow the great wars of all times, we soon are made acquainted with the faces of those who took leading parts in those conflicts, and it keeps us posted as to the kind and extent of the whiskers they wore. The more enlightened as well as intelli-

gent generals do not wear a mass of beard, designed to hide the face or perhaps terrorize the enemy. Whiskers are known for what they are, and the modern soldier has more respect for shrapnel than for beard. The size of a shell is a much stronger argument than the length of a beard. One of the pecularities of modern warfare which has been universally observed is that the bushy-whiskered general is more of a reminiscence than an actuality. When we go back into history, generals with full beards were quite the ordinary thing, but nowadays it is quite exceptional. The Germans are those who have retained this custom the longest of any and they are still persisting in retaining the habit. We remember distinctly that, during the Franco-Prussian War, King William had a pretty full beard and his son, the crown prince Frederick William, "Unser Fritz," also affected a full beard. The Chancellor of the Empire, Bismarck, merely wore a moustache and a bald head. We must not forget that he was a very astute diplomat, and succeeded in building up the United Germany, which had always been his ambition. He claimed that the beard of Barbarossa had disappeared, thus ending his reign. As the legend had it, Barbarossa, or red beard, was confined in a cave and forced to sit at a large, round table. During this imprisonment his beard grew in length and his liberation would not take place until his beard had grown thirty times around the table, making a total length of about three hundred feet. This was finally accomplished in 1871, and the rule of this ancient monarch was to be re-established. Be this as it may, the legend for us has only this value, that it speaks of a beard of the length of three hundred feet. We have seen a beard of over eight feet in length, and it was considered very much out of the ordinary and there are records extant of much longer ones. At present we are concerned with the manner of beard worn by prominent men.

In the great world war now raging in Europe we find that the principal leaders wear nothing but a moustache. William II., the Emperor of Germany, has a moustache which is so trained that its two free ends point heavenward. The General in Chief of the Allies, Joffre, also wears only a moustache, but it is permitted to grow in a natural way, and no attempt is made to give it a fierce look. In fact, all the traits and habits of this general are quite simple and natural, and the only thing that is out of the common is the great genius for war that he possesses. In Germany every little officer trains what moustache he possesses to point upwards. In France the heavy moustaches, which are so prevalent, are worn *au natural*, and, throughout Europe, the style of beard, for all military men, is a moustache. One advantage which it possesses is that it is not so heavy to carry, although the corps of sappers and miners is still characterized by a long beard. One peculiar style of wearing the moustache is that affected by Hungarian cavalry. The pommel of the saddle of each is a pomade pot containing the celebrated Hungarian pomade. As all the saddles are padded with black sheep's wool, the cavalryman tears out a hair from his saddle, puts it with his moustache and by the aid of the pomade finally has a pair of long, pointed, black moustaches which have a fierce look, like those Peter the Great, of Russia, had. Thus is there ever a return to the old customs and fashions and the last cry of fashion is after all merely a return to and a resumption of the old ones, or a resurrection of the ancient.

Another class who affect very long moustaches are the Chinese of Manchuria. Some have this adornment one foot or even as much as eighteen inches long, and they seem to take a great pride in these ornamental helps to their facial comeliness. We have never seen any that aroused any other feelings than those of curiosity. It may be that this is a sign of beauty, like black teeth or other adventitious helps which are con-

sidered ugly by those from the West. The ideals of the Orient are always very pronounced but do not agree with our views of the beautiful.

One method of wearing the beard, which has existed in this country for many years, and which still persists until this day, is to wear a full beard and have the upper lip shaved. We never could detect the beauty of such a method of wearing a beard, although we will confess that the removal of the soup-strainers, as moustaches are called, is an improvement and a relief to the onlookers. If there is anything painful it is to observe a man dip his moustache in every liquid he drinks and distribute samples upon his clothing and shirt, and upon his surroundings, wherever he goes. The full beard, when it is well groomed and kept well brushed and combed, may be a handsome sight, but it is repugnant to the majority, because it does not present that neat and natty appearance which characterizes the side-whiskers, a la Lord Dundreary. But the latter looks so insipid. We could go on multiplying styles of beards and the manner of wearing them and cultivating their growth, but do not quite regard the subject as closed without a reference to some that have not been noted.

Napoleon III., when he became Emperor, adopted the moustache and chin whisker, the latter, on account of his rank, being called an imperial. He persisted in wearing his beard in this fashion up to the very moment of his death. His effigy, in this form, was struck on all the French coins during his entire reign. In 1848 a number of Germans formed a society whose object was to make a republic of Germany, and the manner they adopted as a sign of recognition, was for each one to wear a moustache and an imperial. We may still meet some of them in these later days, although they are few, and they are all proud to call themselves old '48ers. Thus, the beard came to play a part in politics as well as in social affairs.

A few years ago, a number of the younger genera-

tion revived a form of beard that soon became very popular. It was simply a revival of a style which had been introduced by a famous Dutch painter by the name of Van Dyke. This peculiar cut of the beard had a vogue for quite a number of years, and it is still popular with a number of the fashionables, who desire to create a good impression by the aid of this hair cut and dressing. It is certainly neat and fetching in appearance, and is sure to undergo a revival, because it has these qualities. We could go on with a mention and description of many other forms and styles of beards, to say nothing of the eccentricities which can be most often found in the Latin Quarter of Paris. Of course, these are prompted by fancy, and attempt to parody existing styles or exaggerate them so as to show their weakness or imbecility. The vanity of some men is inexhaustible, and they will frequently resort to the most inept methods to make an attempt to improve upon that which is not susceptible to such a change without making it perfectly hideous. Were we inclined to ridicule these efforts it would be time lost, not in a good cause, but in a useful effort to instil good taste, where the effort would be null and void. We certainly cannot make a silk purse out of a sow's ear, nor can we inject brains into a billiard ball. The erratic styles of beards are almost infinite in number, from the carefully dressed Dundrearys of the ultra, to the shaggy growth under the chin of the weary roadside wanderer. who never cares to shave his face nor look clean. With such we will have naught to do, but will turn to the city dweller who has water *ad libitum* and uses it. The bath and the shave are almost unknown to the one who is like the lilies of the field, for he toils not neither does he spin, and Solomon in all his wisdom never dreamed of such a thing as a modern tramp. His whiskers are as he lets them grow, and are, on this account, more picturesque than clean. The only time that they are cleaned is when their owner is thrown into a river,

and even then the cleansing is only superficial. This unfortunate class of some who have seen better days, and enjoyed good homes wherein comfort lay, if not affluence, are indeed deserving of our pity and of a well earned rest in some jail. We hope to see this total lack of decency replaced by something better. A style of beard with which we desire to close this chapter is the eccentric growth where the beard is permitted to grow its full length on one side and then closely cut on the other. Whilst this is not a style, it savors sufficiently of eccentricity to draw the attention of the curious. It is nearly impossible to give any mere idea of the extremes to which such practices may be pushed. The style of beard of Uncle Sam is still adhered to by a number of our old citizens, who wear rabbit skin stove pipe hats and carry out the entire appearance of our national representative in all its details. Such are more unusual and strange than they are comic and eccentric and the tuft on the chin once seen is never forgotten, and its bearer is certainly an American citizen.

While a well-kept beard is good to look upon, nothing is more disgusting than a soiled, unkempt beard growing from a dirty, unwashed face surmounted by a red nose and beady eyes. The chief reason for such a state of affairs is laziness and shiftlessness. The individual presenting such an appearance certainly belongs to the submerged ten thousand; he is a shame to himself and a horror to others. He has been unfortunate and he is on the road to further ill luck of the same sort. He is no longer human, he is a mere fragment; one of the pieces of flotsam and jetsam which are thrown upon the broad limitless shores of human life. He began with high aspirations and the poor fool was entangled in the whirlpool of vice, debauchery and was made a petty criminal with the high hopes of obtaining money by all means except honest ones, and without the necessity of working for whatever he obtained.

CHAPTER XIII.

THE CARE OF THE BEARD.

The foregoing is not a preachment but rather an introduction to the care of the beard. To begin with, it should be thoroughly washed and then dried between hot towels. Then it should be combed carefully and brushed equally as much. This will put the hair in a nice, smooth condition and the preliminary washing will make it clean and full of lustre and beautiful to gaze upon. Having arrived at this stage it will be next in order to render the hair glossy and, at the same time, to semi-marcellize it in order that it may have that wavy look that so much enhances the appearance of a long beard. But whatever is done, it should never be of such a nature that it will render the hairs brittle or cause them to split, two conditions that are very apt to occur and spoil the hair for any further manipulation.

The method of marcellizing the hair is by means of glass or lead rods, around which the hair is rolled and then pressed. As it is loosened, the waves of the hair will develop and show themselves. In this manner a fine effect is obtained. It is this close attention to details which gives the same appearance to the beard that is noted in the hair of women. Much attention is necessary and very little oil. For, whatever is rubbed in the hair, avoid vaseline, for it is a mineral product and cannot assimilate with animal tissue. It is better to use perfumed ox marrow. It is bad practice to pomade the hair and is unnecessary if the skin has been properly stimulated to furnish its own fat for the lubrication of the hair, as is nature's method, and it is with great difficulty that we can improve on Nature. It is better to follow her and the result will

invariably be a good one. The savage who has fine hair uses no oils, pomades or such artificial helps or cosmetics, and his hair continues to be good and remains that way. The care of the beard depends very much upon the care of the skin that produces it. The same remedies should be employed as are used upon the scalp, stimulants, massage and all those other means which have been mentioned in connection with the scalp and the hair of the head. A further matter that should be attended to in the care of the beard is that whatever is done should be executed with due care and precaution; for, without these, the final outcome is very apt not to be a perfect success and, unless it be, the subject will be one who is dissatisfied and he will be very chary in his praise and recommendation. Today the care of the beard seems to be but a small matter, although in former years it counted as an important function. Even the curling of the moustache requires particular care and attention, and is insisted upon by those who desire to present a more than pleasing appearance. There are apparatuses made for this purpose, and he who desires a curly moustache must obtain one to accomplish the desired end. There is not alone this apparatus, but there exist small curling irons in whose use one easily becomes an adept and this without accidentally burning the moustache. In addition to this, there is a necessity of cutting the points at which hair is knotted or is split and the necessary means in such cases must be adopted. So that, taken altogether, the proper care of the beard is not such a simple matter as it seems to be on a superficial view. A very complicated method was formerly employed for dressing the beard, but this complication was for the most part a ceremony of placing perfumes and perfumed oils and pomades on the hair of the beard.

CHAPTER XIV.

WIGS.

In considering the subject of false hair, we must confine ourselves to the fair sex, for they are the ones who use this factitious form more than any others. False hair has been very truthfully named, for it is false in almost every particular. To begin with, it is not the hair of the one wearing it, and ofttimes it is not hair at all, but a substitute. We find in some cases that jute is employed; in others, the hair of Chinese women, and in many others anything which may serve as a substitute. First of all we must consider what really constitutes false hair, as it is ordinarily called. False hair is usually employed to show a mass of hair in those cases in which it does not exist. The principal forms in which false hair occurs are curls, frizzes and switches. The curls are fastened with hair pins, or some of the other devices employed for tying up and fastening hair. The general effect is not bad when the curls are well attached, but it is ludicrous when a brisk wind blows them off. The method of using these artificial aids should be well studied, so as to avoid any possible mortification resulting from accidents. Another variety of false hair is the false front which occasionally presents ludicrous phases to the observer. It is a piece that is fastened on the front part of the head and is often made of dark hair and sold at a cheap price. It is much affected by red-headed women, who do not seem to see or appreciate the discrepancy in color and are induced to buy it on account of its cheapness. As long as they have the hair, what is the small thing of color, so long as there is the material. There may be some hope that the black will eventually become rusty in color, and thus harmo-

nize with the growth of red hair and perhaps deceive the on-lookers. It is certainly a very commendable action to make an effort to look more comely, but it is sometimes energy aimed in the wrong direction.

Another phase of the false hair-dressing habit is to have a chignon made of false hair and placed upon the head like a bun. It is not seldom that a large chignon that is worn by an old lady who is bald and only has a few white hairs left on her head. However, she is pleased with the glory of former days, or a discarded piece of false hair belonging to a married daughter. But the *piece de resistance* in false hair is the switch. This is an addition to be incorporated with the natural, and adds volume to it. Switches are often bought by those who have but a sparse growth of hair, but the wiser ones who don't buy switches carefully keep their combings to have them made into switches. Women whose hair is becoming gray find this method advantageous, for the reason that gray hair is expensive, and does not match as well with the natural hair when bought as when furnished. There will be no mention made here of the various uses to which a switch may be turned. The necessities of different cases, and the versatility of the one using this addition, will easily solve these problems.

We now arrive at the subject of false frizzes. They are some of the most fascinating in the line of false hair, because it is imagined that they give a girlish look to the wearer, although this can hardly be held to be the case when she is an old maid of fifty-five or sixty. She will persist in calling herself a girl and will insist on feeling giddy. Still we cannot have the heart to repress these youthful desires and ambitions. It is mournful and worthy of tears to witness the sight of a great-grandmother sporting about in frizzes, more especially if she be a ballet dancer of the vintage of 1825. However, we have nothing to say if the wearer is satisfied and happy. But we do

raise our voice in protest against an old staid grandmother showing her white hair with an accompaniment of black frizzes and an interlude of baldness to give variety to the effect.

The wig is an addition to the toilet which is supposed to lend dignity and severity to the face of him who wears it. It is possibly on this account that the courts of Europe adopted it as an adjunct to the judicial ermine; and this may account for the arrival of the wig, the peri-wig and perruque. Before taking these into consideration we will consider the ordinary wig such as we see it in every-day life. The origin of the wig is lost in the historical mists of antiquity. An attentive study of the ancient Greek and Roman theatre will reveal to us the fact that the actors wore wigs more especially when they assumed the rôles of women. As women were then forbidden to appear on the theatre young men were expected to assume female rôles, and they were compelled to wear wigs to assume more correctly the rôles that were assigned to them. In this manner and in such a crude fashion were the audiences entertained in ancient days. The actors wore no wigs but the cost of those of the chorus of young girls and young men added no small amount to the total cost of the production of a piece. In fact, the wig as an accessory was often considered as an unnecessary adjunct. The masks were looked upon as more important and the mask of the tragedian was not to be omitted any more than the sock of the comedian. The question of stature entered largely into the matter of acting and facial expression was confined to the staring face of the mask. This was, indeed, a mere farcical rendition of noble verses by powerful voices rather than a rendition of noble thoughts and sentiments. We certainly cannot find it upon ourselves to admire the antique stage which possessed none of the attractive features of the more modern. The evolution of the stage has been a slow one and yet

it was progressive and we are today arrived at a point that former centuries could not approach. It was quite a long time before we find actors and above all actresses showing their faces on the stage. It was in the reign of Louis XIV., that this much desired change occurred. It was then also that much greater attention was paid to hair dressing and it was then also that wigs were in their full glory. The King would wear no wigs, as he had a splendid head of hair which he did not hesitate to show in his court. Powdered wigs were then the vogue and they were for the most part anything but fascinating, as they were much neglected by their wearers and easily became soiled and really not fit to wear by any cleanly person. As they were all white, being made of horse-hair, the incongruity of their presence on the head may be easily imagined. This fashion, however, continued for quite a number of years and finally we find that the full-bottomed wig gave place to a neater style and one that might even be called elegant. These latter were the ones affected by the younger men and the effect was not a bad one by any means. Coming to more modern times still we have noted that today there exist the wigs, peri-wigs and perruques. The judicial wig has but one or two hammers and the peri-wig three or four and is much longer than the former. It is the custom at this day that the judges of the Superior Courts in England wear the peri-wig and all Counsel are required to wear a gown and a peri-wig. This has been the custom for many years and it still survives up to this day.

The wigs that are usually worn by men are adopted for one of two reasons. One is to present a comelier appearance and the other is to keep the bald head warm. These are usually given and with very good reason, for the former does give a better and more youthful look to a man and the other protects him from attacks of coryza and influenza, and thus the

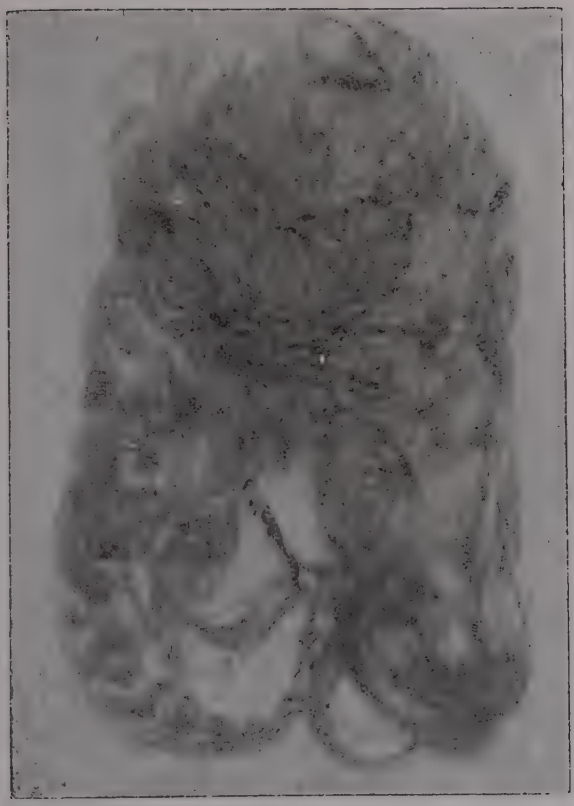


Fig. 56.
Plica Polonica.

wig proves a comfort as well as preventive of severe colds. So far as the wearing of wigs by women is concerned we have several reasons given for their adoption. One is to make them look younger and this is, of course, a very laudable purpose; the second reason is for protection from colds, catarrh, coryza, and sniffles. One which is seen among certain communities and it is very noteworthy as well as noticeable, is for the purpose of hiding the fact that the wearer has plica polonica or matted hair which cannot be disentangled. Those so afflicted are generally Irish women and there is a superstition among them that the only method of being rid of this condition is fatal, and for that reason they never undergo the operation, which consists in simply shaving the scalp. They have no concern whatever for their looks nor do they care to have beauty or refinement in their traits, but they do have an immense amount of affection for their children and they do not care to die and leave their progeny in the hands of others. We wish now to mention another wig which is known as the toupee and is a rather fiat affair placed upon the front part of the scalp to cover a very pronounced bald spot. It is simply used as a little piece of vanity and hides nothing.

CHAPTER XV.

HAIR DYES.

The next subject which suggests itself to us is dyeing the hair. This is more of a habit than a necessity. The most recent craze has been to dye the hair blue, purple, green or some other striking color. Of course, this is an ultra fashion of the foolish virgins, and has been chiefly affected by very advanced actresses and others who wished to imitate them in their insane fashions. But the craze was short-lived. These dyes were never adopted by men, but there is one that has held its own with men and women for many years and bids fair to do so for many years to come, despite the warnings that have been given. This is the making of hair assume the color of black. Men who are beginning to show their white hair, in a more or less pronounced manner, affect this self-deception, for such it is, as no one else is deceived. It is a very clumsy manner of assuming the appearance of youth by a doddering fool who plainly shows all the weakness and foibles of rapidly approaching senility.

We have no patience with such decayed ruins of what were formerly good examples of manhood and vigorous mental powers. The beginning of the trouble may be observed in the adoption of the gentle hint of the barber to give the moustache a touch of a black color. "It adds so much to the looks, and no one will perceive this artificial help." The ready victim soon acquires the habit and we are treated to the view of a man so gray-haired that he is nearly white, sporting a pair of black, shiny moustaches and trying to ape a young buck such as he remembers him in his salad days. This is, indeed, a pitiful sight and

causes a smile of mixed amusement and pity on the faces of the on-lookers. A sensible student of anthropology simply adds this specimen as one more in his collection of examples of this particular phase of mental aberration. That it is such has been amply proven by the cases of insanity developed in the persistent use of black hair dyes. Whether it was the action of the silver or the lead salts in the dye that brought about such a condition cannot be definitely stated, unless the *corpus delicti* be on hand and examined.

The appearance of the dyed moustache is so good that it induces the self-deceiver to have a dash of the same dye applied to his hair, and the result is that he has fallen a victim to the habit and all its terrible consequences as well. The men who easily lose their minds through such means, never were brilliant exemplars of anything and the only funeral oration spoken over them is that of Hamlet—Alas! poor Yorick. But it must not be supposed that the black hair dye habit is limited to men, for there probably exist as many fools among women who desire to hide their white hairs or a head or red hair, with a brown or even black dye. And this is not confined to the younger generation but even to old grandmothers, who ought to be satisfied with the records they made in their younger years. And it is not on account of the demands of society that they fly to these evils of whose dangers they reck not. No, it is rather vanity that urges them on, to show the younger women that an increase in the number of years put to their credit is no reason to place them in the class of "old women." As in the case of the men who have their hair dyed black the day of reckoning is coming on apace. The habit is a very bad one and a due amount of caution and diligence in the care of the hair that is gray or even white will be met by its reward and a much better appearance presented than by a super-

saturation of black hair, which everyone may see is artificially tinctured. This is equally as palpable as the effects following the use of peroxide of hydrogen to bleach the hair. This method was one followed by the ladies of easy virtue of ancient Rome and they were easily recognized on the Appian way, the fashionable drive of the Roman capitol. All the young men were attracted to the peroxide blondes, and all the older beaux paid them their devoirs. So it came about that the notorious women of Rome attracted the attention of the Northern barbarians, whose women, though blondes, did not exhibit such shining golden tresses as the liberal ladies of the more civilized nation, that lay south of them. And thus it was that as a matter of fact the fall of Rome was precipitated by a bottle of peroxide of hydrogen.

CHAPTER XVI.

REMOVAL OF SUPERFLUOUS HAIR.

The removal of superfluous hairs has been practiced for many centuries with more or less success. The custom of the North American Indian has been to pluck out the offending hairs and to keep on doing this until they are totally and completely extirpated. It is a method that is painful and requires an Indian's stoicism to bear. It would, perhaps, be asking too much to expect such a rude method to be adopted by whites for the purpose. The Orientals have a much more gentle method, consisting in the use of depilatories. These depilatories are still popular with women and with girls and only have one disadvantage —they temporarily destroy the hair, which begins growing with renewed vigor. In other words, the destruction of the hair is merely superficial, and the part that should be destroyed remains untouched. That part is the papilla and it lies deep in the sheath of the hair, and it is yet a problem to make a substance which, by rubbing, will penetrate to this part.

It must be borne in mind that the space between the hair shaft and the membrane surrounding it, is very small and, on that account, very little of the depilatory can be forced down to the papilla so as to have an action on it, and, in that manner, prevent the growth of the hair. This is one of the problems now demanding solution. In the meantime the work goes on, and organic chemistry has many drafts made on it in an endeavor to solve the problem. The fact that they are generally unsatisfactory, as radical measures, has made for the preparations on the open market a ready sale, for those who begin using them find themselves condemned to continually use them.

Those who are most solicitous of having superfluous hair removed are girls who have a growth of heavy down on the upper lip. It is most pronounced in those who have black hair, and their desire to rid themselves of this growth is for purely cosmetic reasons. They think that its presence detracts from their good looks when, as a matter of fact, its presence really adds to the piquancy of their faces. But, as the old philosopher said, *de gustibus non disputantur*, there is no disputing taste. It is just as sensible to argue about colors and odors. Let each one have his or her choice. If a young lady objects to a "shadow" on her lip, it is her right to dispose of it as may seem best to her. If it is a source of mortification to her and she very naturally objects to such an ornament, no amount of arguments can persuade her that it is an ornament, or makes her look more comely. The only thing to do is to cause it to disappear and thus restore the young lady's mental equanimity.

The depilatories which are most usually employed are about as follows:

50 parts of quicklime.
30 parts of starch.
5 parts of orpiment.

This is to be made into a paste with water and spread on the hairy part to the thickness of one-twelfth inch and should remain ten minutes in place. Then it may be removed with a sponge and the hairs will come off with it.

Another formula is that wherein the ingredients are as follows:

Sulphide of barium.....one drachm.
Powdered starch.....one ounce.
Make into a paste and use like the above.

These formulas could be repeated *ad nauseam*, but they are all practically alike. The principle is essen-

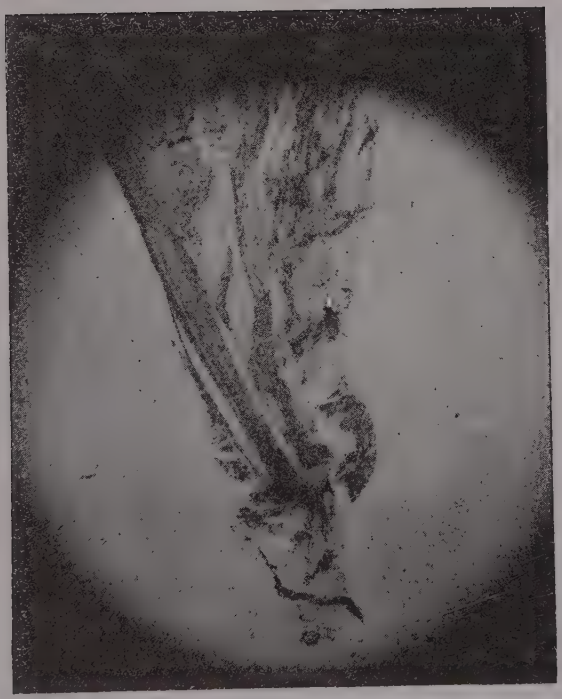


Fig. 57.

Hair Showing Root and Sheath.

tially the same in all, and the results are identically unsatisfactory, so far as a permanent removal of the hair is concerned. The most difficult part is the making of the mixture and the subsequent composing of the paste. One disagreeable feature to guard against is to be careful not to leave the paste too long on the skin, as it may produce ulcers in such a case. These mixtures must be used with care and much attention be given the treatment. If not carefully done and watched, very bad results may follow their use. Perhaps, after all, it is best to have recourse to the radical method of extirpating hair which may be briefly described as follows: An irido-platinum needle, placed in a suitable needle-holder, is connected with the negative pole of a galvanic battery. The positive pole is usually a sponge or a bowl of clean, perfumed water. The needle is introduced into the canal in which the hair is located clear down to the papilla which is the objective point. The current, which should be of 12 milliamperes, is turned on and a small froth appears at the mouth of the follicle. This froth is caused by hydrogen gas which results from the electrolytic decomposition of the hair root and its papilla. The hair is then very lightly grasped with Piffard's epilating forceps and comes out entirely devoid of the root, the termination of the hair being entirely denuded of its bulb or "root." This is a total destruction of that hair. Its nourishing end organ, the papilla, being destroyed, there remains but little hope or even possibility that it will resume its growth.

When all the hairs have been destroyed in this manner, it will be noted that each follicle is surrounded by a small red ring and this is to be treated with some soothing ointment, made as follows:

Acetanilide. . . . . ten grains.
Bismuth subnitrate. . . . . half drachm.
Powdered camphor. . . . . six grains.
Rose water ointment. . . . . one ounce.

It is rubbed into the skin at each sitting and three times daily after the complete operation has been performed. It is a preparation to allay the irritation and cause a rapid return to normal conditions. This is usually regarded as a very satisfactory termination, but one thing must not be forgotten, no matter how well the skin looks nor how smooth it has become, one-third of the hairs will return. That is, the electric current will have so stimulated the lanugo hairs that they will take on a renewed growth and the end result will be a very disappointing one. Another medical method for the complete destruction of hair is by means of the Roentgen rays. These powerful rays will promptly destroy the hairs, but will also produce a mild x-ray inflammation which is most stubborn to relieve, and the deformity is perhaps as great, if not more so, than the excessive growth of hair. So take it as we may, the whole matter is a problem wherein the services of a physician will always be necessary. Electrolysis as a means requires an expert to use it, and the x-ray demands more care and perhaps more skill, and altogether it is a most unsatisfactory matter. We have seen girls become desperate and resort to shaving, and they were getting in a fair way to become bearded women, which perhaps while not so attractive would be more profitable as a means of making and acquiring money. The whole problem is a difficult one to solve and one that is anything but pleasant to contemplate.

CHAPTER XVII.

SPLITTING AND BREAKING OF THE HAIR.

There exist some conditions of the hair which are a continuous source of annoyance to those who are so affected. Among these is one which is known as fragilitas crinium and which is characterized by a splitting and breaking of the hair. These two conditions are certainly most annoying, more especially to women, as the treatment of these conditions is anything but pleasant, and the results obtained are but mediocre, unless the method be an excellent one and its application be handled with skill and that carefulness which the condition demands. It is herein that the crux of the whole matter lies. Another prerequisite is a needful amount of patience. With these necessary conditions furnished, a good result may be expected, and the condition will become a story of the past. In all these cases it is a necessity to have the general condition of health thoroughly determined by a careful as well as skillful physician, and the treatment that is ordered should be well chosen. It is not necessary to have a physician who finds a "leaking" heart in every patient whom he examines, but one who is capable and who is able to confirm his diagnosis by the sphygmograph if the implicated organ be pronounced the heart. This is mentioned merely for the purpose of calling attention to the necessity of having skilled counsel in such matters as are considered important or of more than ordinary moment. In the case of split hair it is an ordinary thing to find that a small split soon spreads until a considerable part of the shaft is involved, and it appears to have been converted into three, four or five hairs. This is a condition which is soon observed by a woman, and it is one which easily

alarms her, and she is apt to consult her physician who, unfortunately, in many cases, laughs at her fears, until the condition becomes so serious that he advises his patient to see a specialist. In the case of fragility of the hair there is a veritable break in the hair-shaft as shown in the annexed figure, and as a result much alarm is felt by the one so affected. In either event, it would be best to try to overcome the nervousness which manifests itself and which is certain to aggravate the condition over which so much anxiety is felt. In order to diminish this nervous feeling, it would be a good idea, and one that is advantageous, to take syrup of hypophosphites regularly and make it as much of a duty as it is to eat meals regularly. It is not by any spasmodic treatment that an advantage can be gained, but rather by a continuous and continued attention given to the condition that must be corrected. All these disorders of a nervous origin require much and constant attention, and need management more than medication. The local treatment, of course, must not be forgotten, and in the case of the splitting of the hair this tendency must be arrested by cutting off all the hairs so affected above the point of splitting. No untoward symptoms will follow, but there will set in a new mode of growth and the new hair will be normal in appearance and growth.

In those cases in which the hairs break off, the same manœuvre will succeed and as a result a new growth of good and sound hair will set in.

It is also a very good idea to gently comb the hair and employ a mild shampoo and a gentle massage. This spares the hairs and the breaking off or splitting is pretty nearly obviated. It is also a good idea occasionally to use a bland oil sparingly and very carefully so as not to have the hair drenched with it. A very useful help in the management of the hair is not to expose it to any great heat such as sunshine, radiators, or hot air heaters. An equable temperature is



Fig. 58.
Fragility of the Hair.

the best and most advantageous. But, when we look at the condition more narrowly the best treatment is, beyond a doubt, that which is advised by a competent specialist in skin and hair diseases. It is very praiseworthy for a layman to make an effort to attend to this matter of treatment but it is usually followed by failure, so far as satisfactory results are concerned.

CHAPTER XVIII.

KNOTTING OF THE HAIR.

Another annoying condition of the hair is trichorrhexis nodosa, or knotting of the hair as it is commonly called. It occurs pretty frequently and is seen most often as affecting the hair of the head in women and of the moustache in men. It appears to the naked eye like a little lump on the hair and it cannot be drawn out. It is most often observed in adult life and is a source of annoyance to those affected by it. It is, in reality, a peculiar and interesting condition. The hair suffers a break and the two extremities of the break make the hair assume an appearance and a condition closely simulating a brush, the two brush-like ends, when pressed against each other, forming a little swelling. This is called a "knot," hence the term knotted hair. The condition has a peculiar appearance and is certain to arouse the curiosity of many who are more desirous of asking questions than of proffering assistance. The appearance of knotted hair is that of very small black beads strung on the hair. That the condition is not rare is the general consensus of opinion among dermatologists. Those for whom these pages have been written can do nothing better than to consult an expert in the event that they are affected in this manner.

Concerning the treatment, so far as the local appearance is concerned, the better method to pursue is to cut out the knots with a small pair of scissors. In this manner the deformity is removed, and there is nothing left to draw the attention of those who are always looking for something that will give them an opportunity of asking questions. The condition is one of some little interest but in no way dangerous, although



Fig. 59.
Knotted Hair (Trichorrhexis Nodosa).

it is a signal to call attention to a more serious condition which requires care and treatment at the hands of some capable physician. As stated above, the affection of the hair is in itself more curious than dangerous. The local treatment which has been pointed out will be sufficient, and more than seconded by the general treatment which the physician will give.

CHAPTER XIX.

OILINESS OF THE HAIR.

A most disagreeable as well as inconvenient condition is oiliness of the hair. It is a condition which is common enough and is chiefly observed in those who have what is known as a greasy skin. This fat is not solely derived from the sebaceous glands, but is also contributed, in large part, by the fatty material of the food and is most prominent in those who have a taste or a preference for fatty food. It is a well-known fact to some that if a person be given large doses of olive or cod-liver oil and that if this be kept up for a considerable period, the time will come when the oil may be squeezed out of the fingers, and will ooze upon the slightest pressure. This is so marked a trait that some physicians have proposed to administer remedies in one of these two oils, so as to insure their presence in all the tissues. The method is possible if a patient can be found who will swallow such a large quantity of oil. Now, if oil can easily disseminate itself through the human organism, we can readily understand how the adipose material may equally spread throughout the human organism and find itself around the hairs and finally distribute along their shafts by capillary attraction. This will naturally give that shiny, oily appearance which is noted in oiliness of the hair. The term is well chosen, for if the fingers be passed over this hair and then pressed upon white paper, the oil is transferred upon the latter in the form of the palmar surfaces of the fingers.

A concomitant sign observed in those affected with oiliness of the hair, is that the skin in general seems to have an oily appearance, and it is never of that

white appearance that is so much admired. Another trait in connection with oiliness of the hair is that those so affected have dark or black hair and a very strong growth of it. They possess that more or less lustrous appearance of the skin which is caused by an abundance of fat in the tissues. It is a very mortifying state of affairs for young women, and those matrons who are fair, fat and forty. So far as men are concerned they dispose of the matter by taking a good shampoo. But this does not dispose of the matter finally. The treatment is perhaps a little more complicated and we will now outline it in a few words. The method of getting rid of oiliness of hair is to treat the hair by rubbing in carbonate of magnesia which takes up all the oil and is afterwards brushed out. Following this, there should be a light shampoo, care being taken that the soap used is devoid of alkali as much as possible. Another phase in this treatment is to brush the hair in such a manner as not to permit it to become very oily. This may be accomplished by passing the hair through soft cloths and avoiding all hair-dressings which contain oil. One thing *not* to do is to use alcohol and dressings containing much ethylic spirits, as this will bring about a dryness of the hair and render it brittle and easily broken. This latter condition, added to the dandruff which will also be formed, is hardly an improvement on oiliness of the hair. This is why there must be careful management of the hair when it is affected by oiliness. The diet should be restricted in such manner that no fats will be formed by the food that is eaten. There should be an avoidance of fats and carbohydrates, and rich soups, sauces and gravies should be marked as taboo. A careful regulation of diet will act as an excellent aid in the management of oiliness of the hair.

PARASITIC INVASIONS OF THE SCALP.

The parasitic invasions of the scalp may be divided into those of animal and those of vegetable origin. The animal parasites are head and body-lice, sand-fleas, fleas, chiggers, ticks and chicken-lice. These are all from animals or articles of wear except the bed bug, which seems to be universal and very prone to live in wood. The vegetable parasites are ring-worm and favus (honey-comb ring-worm), which may be contracted from cats or mice as well as horses, but are generally transferred from one human being to another. These parasites infest the surface of the animal, and the vegetable parasites penetrate into the shafts of the hair whilst also superficial; they all itch.

No matter how cleanly a person may be, nor how much care is given to the scalp, it is not an unusual occurrence to notice head parasites whose origin is very difficult to trace. In these days of street car riding it is a comparatively common occurrence to be the subject of attacks by these pests, which are great blood-suckers and irritating. The best way to get rid of them is to take a good shampoo and follow it up with the application of the tincture of stavesacre, which will kill all the parasites and destroy their eggs (or nits).

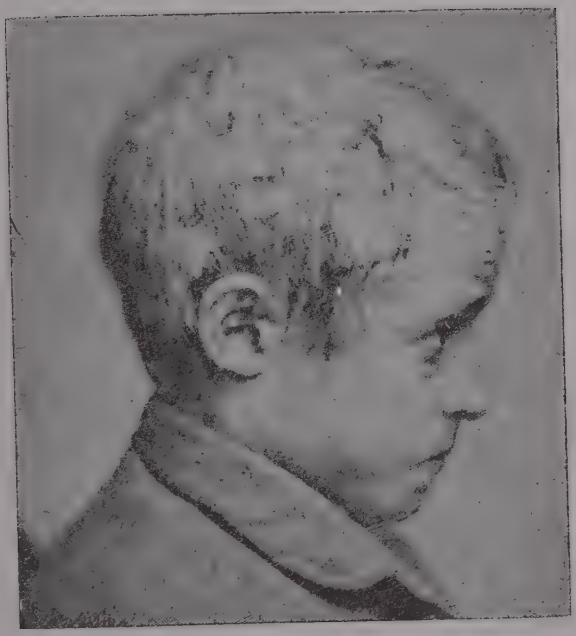


Fig. 60.
Honey-comb Ring Worm.

CHAPTER XX.

DRYNESS OF THE HAIR.

A condition which is far from attractive and which is occasionally observed, is dryness of the hair. It is a state which becomes positively distressing to the one affected by it. For it is not alone the dull, dry, lustreless and dead look that troubles, but the hair's brittleness and proneness to break easily and into small pieces. It is a condition which is, in every sense and from every viewpoint, extremely annoying. This condition is one that is found in men and in women, more especially in those who have what is known as a lymphatic temperament. When such individuals are examined, they are found to be more or less pale; in fact, they do not present the appearance of having red blood in their veins. They are cold, apathetic and listless, and not ever ready to take part in their own affairs with any vim or energy. From a psychological point of view their brains are sluggish, they are slow in forming judgments, and averse to begin or carry on any intellectual work. In fact, they are dead and whatever motion there exists is purely perfunctory and automatic. Their hair looks like dead straw and is as attractive. This condition is seen at all ages and in the conditions of individuals whether they be rich, poor, or in any other circumstances. There is no doubt whatever that it is an indication of depressed physical vitality; and that may, in part, account for the fact that it is most frequently observed in the poor and over-worked. But to speak more directly to the subject; a condition quite frequently observed in these individuals is fragilitas crinium or brittleness of the hair. The individual hairs break quite frequently as is shown in Fig. 54. This fragility of

the hair distributes small pieces on the clothing and gives the appearance of having had them clipped at some barber-shop. In addition to this the small pieces of hair fall inside the underwear and cause an itching, thus rendering the life of the one with this condition more or less miserable and inconvenient. These small particles are easily seen, from the fact that those who are affected with dryness of the hair are blondes most frequently, and their hair loss is thus necessarily observed upon dark clothing. It is these individuals who are continually indulging in it. They simply aggravate the condition and very soon the inevitable occurs—they lose their hair. The condition of dryness of the hair, from what has been said upon it, is easily surmised to depend, in great part, upon a general atonic condition of the organism. This very fact easily points out the remedial measures to adopt. They should be directed to improving nutrition, promoting circulation, and furnishing fat to the scalp and through it to the hair. By the adoption of such means a general improvement will be established and the remote good effects upon the hair will manifest themselves.

Besides establishing a good nutrition proper attention should be paid to metabolism, and constant efforts should be made to direct the nutritive properties of food into proper channels and incorporate oils and fats into the daily diet so as to furnish to the hair that of which it stands in need. Medicines will avail but little; diet and care will do more, and the proper care of the hair and the avoidance of all deleterious substances and methods will accomplish the rest. Of course, the physician who sees the case will recommend iron to help the general condition, and there is no doubt whatever that it will do so. The final disappearance of the dryness of the hair will only mean that the methods which have been advocated require their constant use and application.

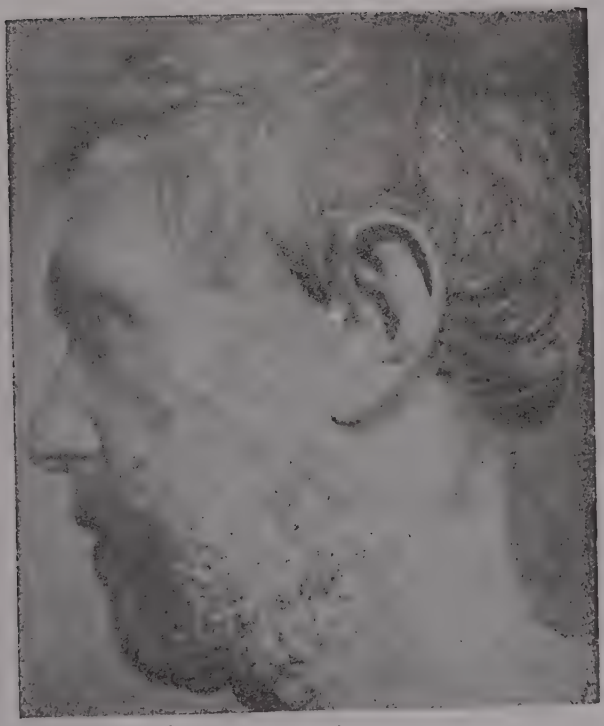


Fig. 61.
Barbers' Itch.

DISEASES OF THE HAIR FOLLICLE.

These are divided into inflammatory, hypertrophic and atrophic. In the inflammatory we have the formation of pus and a condition that attracts much attention and is sometimes difficult to manage. It is particularly well developed in sycosis, barber's itch and ring-worm of the beard and of the hair.

CHAPTER XXI.

SHAVING.

There can exist no doubt that the operation of shaving the face is practiced more for cosmetic purposes than for any other. When we endeavor to trace the history of shaving we find no records, no pictures nor any other documents by which to trace the age of this custom. We are given a tradition that Alexander the Great shaved, and there exist medals and coins which represent him as a shaven youth. But beyond this we do not possess any evidence on this point. We do know that the Greek and the Roman soldiers shaved. Pericles in all the effigies of him is represented as clean shaven, so that, from these examples, we may surmise that shaving is one of the most ancient customs that exist, in so far as documentary evidence can inform us.

When we come down to more modern times, we find that the process of shaving was done by each one for himself, but there arose the barbers who, besides shaving, practiced minor surgery, and gradually took up for themselves the practice of surgery. So much did the surgeons resent this that an active enmity sprang up between them. The Royal College of Surgeons of England is merely a continuation of the Royal Corporation of Barbers. The method of shaving themselves by individuals is spreading more and more since the past few years and this has been caused by the introduction of the safety razor. This is highly praised by some, but a large number prefer the old-fashioned razor. Whichever is chosen, it is necessary to learn how to use a razor. The principal point to observe is, that the blade be sharp and that the shaving be close, in order to have a good result. There are some

who cannot bear a close shave and they never show that clean appearance which a fresh shave is supposed to present. So far as the method of shaving is concerned, every one learns this, and the principal advice to give is that he who shaves himself should learn how to keep his razor sharp and acquire the art of stropping it well. With the safety razor it is a different matter, for directly a blade gets dull, it may be replaced by a new one which is sharp. This is an essential point, especially with those who have stiff beards, for if there is anything exasperating it is a razor that is dull or which "pulls." To some it is a pleasure to shave themselves, to others it is a punishment, and they even get nervous at having to spend so much time in a barber's chair. But, above all, observe cleanliness. There is one class that never shaves, and that is the orthodox Jew. He simply uses curved scissors and cuts the hair of the beard very close to the skin and this is done so skillfully that it looks like a shave. These are all old men. The reformed Jew goes to the barber, gets shaved like any Gentile does and is apparently well satisfied with this infraction of the Hebraic rule.

CHAPTER XXII.

THE BARBER SHOP.

In these modern days the custom is to go to a barber shop and there indulge in the luxury of a good shave. The most simple as well as primitive barber shop may be seen in China, Japan, Persia, Turkey and other Oriental countries. The entire establishment consists of a chair which is placed on the sidewalk or in the street. The barber steps up and does his work of shaving. He is not held to wash his customer or to give those other services to which civilized man is accustomed. The primitive barber will also let the one who gets shaved wash his own face and comb his hair. He has been requested to shave and his functions end there. In the barber shops of this country especially, the care and attention given to a customer are numerous and interesting. The barbers here as in other countries and in other times, are very much inclined to be talkative, and to air opinions on all and every subject in a manner that leads you to suppose that you are listening to a sage who speaks *ex cathedra.* Altogether he is not as useful as he imagines he is. As a retailer of petty gossip he is a medium success. He is a queer fish and never satisfied with doing what he is asked to do, but has a hundred and one suggestions which are very distasteful. What he should really do is keep the shop as aseptic as lies in his power. He should always be dressed in white and see to it that his tools shine and are absolutely clean. His further duty is to keep his razor particularly free from germs, which he may do by plunging it in boiling water several times a day. This maneuvre is not for effect, but also to prevent those

who patronize him from contracting barber's itch, which is unpleasant and highly contagious.

In order to preserve his patronage a good barber will never fail in this particular. It is to his advantage and the life of his shop depends absolutely on this care and attention.

Another point which should be insisted upon is clean towels. Each and every customer should have clean towels used on him, and not such as have been used on others. It is not alone to prevent the transmission of contagious diseases, but it is necessary as a cleanly and hygienic precaution. All things and persons, in a barber shop, should be as clean as it is possible to make them, and no suspicion of dust or any other foreign material should be present or visible. Under these conditions we may expect to receive the services of a barber without subsequently having recourse to a physician. These few words on the hygiene of the barber shop will be found sufficient if thereto be added the caution that the barber have clean hands, no unsightly rags wrapped about any of his fingers, and that he have his nails manicured. Indeed, he should present himself as an example of what he intends to make of his customer. In this manner will he gain patronage and his barber shop renown.

Most men who go to a barber shop ask for a close shave. This gives a very smooth appearance to the skin, but it is a very bad custom to follow. In the first place the close shave removes the delicate upper layer of the skin, exposes the fine blood vessels to the air, also denudes the still finer nerves of their natural protection, and the result is that one who has had a very close shave presents, in a very few hours, a face that looks as if it had been rubbed with a rough cloth, and the appearance is anything but esthetic. A good shave is sufficient; a close shave is too much.

CHAPTER XXIII.

BALDNESS.

A glance at Fig. 3 will show some dead hairs, as they are called, which are hairs devoid of roots and in which the papilla is missing. The very fact of their not possessing a papilla argues a lack of nutrition, and the common name of dead hairs is a very appropriate one. These hairs easily separate themselves from the scalp, and, as a result, the condition known as falling of the hair sets in. It is a most annoying thing and the clothes become more or less covered with these dead hairs, and the condition seems to become aggravated the longer it continues. After it has manifested itself for some time the scalp has a more or less grayish color and dead look, and the entire appearance presented is one that looks very much as if the hairy scalp was moth-eaten, which is, beyond doubt, very mortifying to the one so affected. In addition to the loss of hair that which remains is dry, brittle, and presents a general unhealthful appearance. It has been stated that a woman's hair is her glory, but when it is in the condition which has just been described, it is anything but a glory and it is the duty of one so affected to use her utmost efforts to conceal it. The manner of correcting such a condition is a rather complex one, inasmuch as the general health and strength of the individual require iron tonics and those of a nature which will tend to improve the nutritive processes and favor absorption as well as elimination and, in general, aid the entire process of nutrition, absorption, elimination and stimulate metabolism that may be failing. These are problems for the physician to solve and he must so adapt his treatment that all these conditions are filled



Fig. 62.
Baldness in Spots (Symptomatic).

and so that his patient will no longer present a pale, cachectic appearance but rather one that is rubicund and who shows how good the circulation of the blood is, and presents all the signs of good health, increasing force and vigor. All of this is intended to convey the information that a good strengthening tonic is what is required in such a case. In fact, it must be a tonic to help the tissues, to raise the spirits and fill the individual with that vim and push that are so necessary to achieve things. With such a course, the hair, instead of falling out, will be more firmly set in its sockets. The dead appearance will give way to the glossy hair which will soon spring up to replace the dead ones which have disappeared. The falling out of the hair may be retarded by the careful use of a lotion like the following:

Resorcin resublimed.....nine grains.
Pure alcohol (80%).....one ounce.
Bay rum.....four ounces.
Oil of roses.....four drops.
Spirits of camphor.....one ounce.

This should be applied twice daily very sparingly to the scalp.

If it is desirable to make the result a more rapid one the following may be employed:

Beta naphthol.....four scruples.
Pure alcohol (80%).....six ounces.
Spirits of verbena.....one ounce.

This should be applied to the scalp in small quantity twice daily. In order to aid the effect, it will be found that a very slight application of peanut oil will help to overcome the brittleness, but any excess of oil should be removed with soft cloths. The careful use of the recipes just given will greatly help to render

the hair less dry, give a lustre and a more healthy appearance and condition, and thus make it better in all respects. But this is merely the local treatment to which should be added the general tonic that is indicated in the case under advisement. Men and women both who are troubled with falling out of the hair will find this of benefit.

And now we come to baldness, a common enough condition which has several forms and depends for its cause upon as many conditions. To begin with, there is complete baldness, partial baldness, and baldness in spots, and these are furthermore divided into senile baldness, pre-senile baldness and the baldness of youth. It is a generally accepted opinion that the age which ushers in the decline of life is always characterized by baldness and this baldness is usually of the partial variety. Senile baldness generally conveys the impression of honor and dignity and carries with it the opinion that it is a sign of wisdom such as is possessed by those who have attained a ripe old age. In these cases, we find that the tissues have undergone senile atrophy and that other symptoms of senility are not slow to manifest themselves. In fact, the accompaniments of this condition are rather marked and the atrophic condition shows itself in all the various phases in which it is easily recognized. We notice the lack of spring in the gait, the mind is not as rapidly appreciative as it formerly was and there is a tendency to garrulousness and complaint. There are also little traits that point very clearly to the advance of age and to a lack of appreciation of the breakdown that is creeping on, to fully manifest itself later on. We are presented with the sight of an individual who has one foot in the grave. They will not acknowledge the soft impeachment, more especially if women are concerned, and they will resort to all the known methods of appearing young by the aid of artificial means. But it must not be forgotten that it is not women

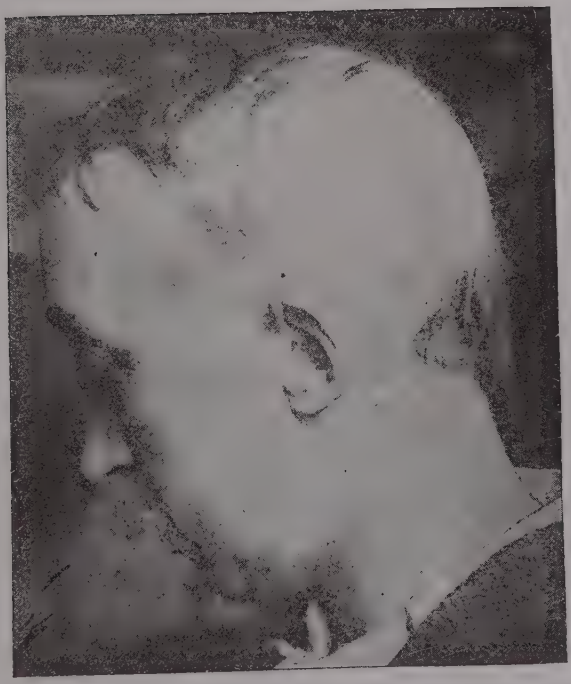


Fig. 63.
Partial Baldness Due to Erysipelas.

alone who resort to these means, for men are equally guilty of the crime of deceiving. Be this as it may, one fault remains which is that men are much more prone to become bald than women. It is very often said by those who are bald that this condition is honorable, whereas their friends with a good suite of hair state that baldness is a bad sign and reflects on the conduct of him who is so disgraced. This matter, however, is one of purely personal opinion. From a cosmetic point of view, we note cases which are due to disturbances of the general health, and they are justly so, whether this disturbance has been due to illness or one brought on by other causes.

Baldness due to disturbance of the general health is usually very marked. An example of this sort is given in Fig. 64 in which it will be seen that there is but one hair on the head; and the subject did not have another one on the whole body. His entire hairy system was reduced to one hair and yet he seemed to be contented enough. We meet examples of complete baldness every day in persons who have but a small fringe of hair left to remind them of former days. In the case which is figured the cause was found to have been acute articular rheumatism, and in those which are so often met, there is some disturbance of the general health or there is a history of typhoid fever, abdominal typhus or a general depressive form of malady that makes its effects felt for a long time after a cure has set in. Those are the cases which require the services of a good physician in order to re-establish their condition on a good sound foundation.

Then again, there are cases of baldness which are caused by local diseases of the scalp. These diseases may be either parasitic or inflammatory. In the former are to be included ringworm of the hair, honeycomb ringworm (favus) or some other of that nature. The baldness which ensues is a marked one and one

that gives all the signs of being permanent. It is no unusual thing to see this variety, and the hopes that can be given for a return of the hair are small indeed. The much vaunted cures for baldness have not yet proven themselves to be reliable, and we must rest content with the sight of hairless folks or others which have a small growth like the down of a gosling. The physician who essays the task of restoring a full head of hair has his problem which, like Banquo's ghost, is ever standing before him, stretching out an accusing finger.

Similar to this latter form of baldness is what is known to physicians as alopecia areata or baldness in areas or spots. This shows itself in small areas of the size of a silver quarter-dollar or half-dollar, and may be one in number or numerous. The scalp looks like a piece of ivory and the head, so affected, is indeed a comic sight. The condition is not a common one, and it attracts much attention. This variety of baldness is, beyond question, one that is caused by nervous influences, and the treatment for it, both local and general, should be entrusted to one who is a specialist in skin diseases and of whom good results may be expected. This spotted baldness is one that is characterized by an increase in the number of bald spots and a tendency to become chronic and to be a source of worry and anxiety to the one so affected. In all the forms which have been mentioned both males and females are affected, with a preponderance of males, and they all suffer more mental disturbance than they would from a dangerous general disease. There is a constant unrest and a desire for a cure that is really touching, and, at times, an annoyance to the physician and a source of disagreeable feelings on the part of the family or of those with whom they come in frequent contact. When the case is one that has been caused by erysipelas it is a foregone conclusion that once the erysipelas is cured, the baldness



Fig. 64.

Alopecia Areata—Partial Baldness.

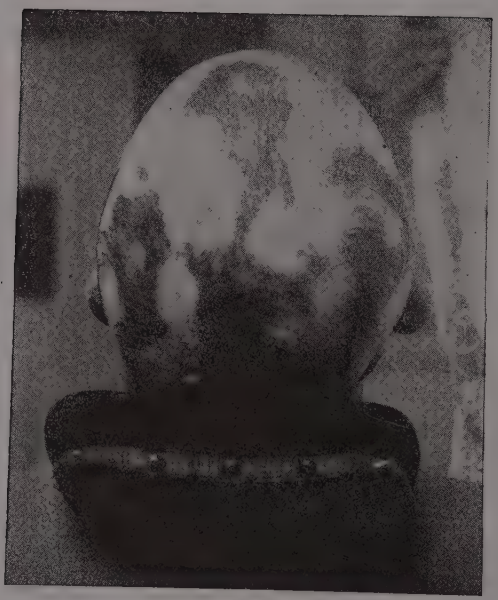


Fig. 65.
Baldness in Spots (Alopecia Areata).

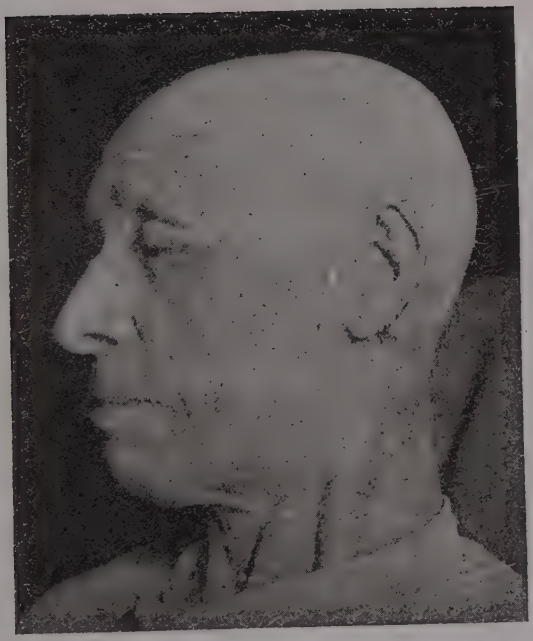


Fig. 66.

Complete Baldness; Caused by Rheumatism.

disappears or rather the hair reappears. In such cases it requires only the exercise of common sense and reason together with a modicum of patience to insure a happy termination.

Simple baldness is that which in the course of a few years is manifested by a continuous falling of the hair, aided and abetted by too much shampooing. The shampooing rubs out the hair that manifested some little inclination to grow and this is smothered in the bud by the over-officiousness of the barber. This matter of shampooing is regarded too much in the light of a necessity, when in reality it is a luxury. The American Indian is never shampooed and there is only one on record that was bald. The tribes, nations or peoples that never shampoo are noted for their luxuriant growths of the hair of the head. Too much shampooing is like too much drinking; it is destructive, under the false impression that it is good in its effects. This shampooing leads to the formation of simple baldness which gradually spreads under the influence of the modern methods of caring for the hair that are in vogue, especially in barber shops.

The prevention of baldness is a problem which involves so many conditions that, as a rule, there is very much difficulty in carrying them out. To begin with, there must be an absolute cessation of all excesses in *baccho et venere*, and no overwork in business or speculative ventures. In fact, the life must be perfectly neutral in color and absolutely quiet. Women must not worry over fashions and should cast aside all ambition to become leaders of society, and other foolish ideas whose accomplishment only leads to destruction of peace of mind and to a nervous breakdown and physical disability. Such are the rewards of these petty ambitions. In men too much pleasures, such as it may be, too much of the pleasures of the table, as they now exist, and too much of a desire to increase the internal revenue of the government, are

also prone to lead to baldness, and the relinquishment of all will prevent the loss of hair. The prevention is, perhaps, in this case, more difficult to carry out than the cure.

There is the essential atrophy of the hair not in quantity but in quality. In this condition we notice that the hair is much finer than the normal and it is most apt to attack blondes, although it is also noticed in some brunettes. The deep black hair is seldom if ever attacked by this form of atrophy.

The first indication of loss of hair may be treated in such fashion that the processes will be arrested. One of the successful means of attaining this end is to subject the scalp to a galvanic stabile current of a strength of about six milliamperes for ten minutes daily. This in connection with a stimulating lotion will not alone stop the loss of hair, but will promote its growth, both of which are much desired conditions.

After a thorough mild shampoo of the hair as has just been described above, a very good practice is to afford this selfsame hair some fertilizer. This is best represented by a bland oil which should be applied thoroughly but very thinly, and only at comparatively long intervals. There is not much oil required to keep the hair in good condition and prevent its drying, splitting or breaking off.

The scalp is occasionally the seat of eruptions that may be pimples (papules), mattery pimples (pustules) and small lumps (gummy tumors), and all of these have a peculiar dark red color, or show dark yellow pus or a glairy fluid that exudes. No matter what the peculiarity of the eruption may be, there is one characteristic which never fails—none of them ever itches—the rule with all luetic (syphilitic) eruptions. They are not necessarily the sign of bad conduct in the past or remote few months. But they are the signs of a luetic (syphilitic) infection and the sooner the case is placed in the hands of a capable

physician the more hope there is of its rapid disappearance. One thing is certain; when the pustules give way to ulcers, scars will eventually form and these will lead to a permanent loss of hair in all the affected portions. So the best preventive of such a condition is good specific treatment.

CHAPTER XXIV.

GRAY HAIR.

The general belief is that grayness of the hair is the sign of old age, when, as a matter of fact, many young people are what is denominated as prematurely gray. In some instances it is a family trait and there are families in which all the members are gray by the time that they have arrived at their twentieth year. This is not premature senility, or the result of trouble or of a sudden shock, but it is simply a habit in the family. Such examples are sufficiently numerous to be observed quite often, and are not rarities by any means. Those who have these gray hairs, are such as lead regular lives and are seemingly well satisfied with these signs of an age which does not really exist. The presence of white hair is almost as frequently observed, and our white-haired friends have very happy dispositions and do not bemoan these snows upon their heads, but rather like the condition. They would not dye it if they could. Still there have been some young women with white hair who attempted to dye it and then finally resolved to let the white hair stand, as they looked much better and younger with it. The fact that white hair increases the appearance of youth should be a strong enough argument to make white hair fashionable. Some two hundred years ago all the young people wore white wigs and they were not one whit older in their looks or manners. But it was the fashion, and fashion covers a multitude of sins. Were it in our power today we would make gray hair and white hair the ultra-fashionable color; and a return to the days of powdered hair would once more appear normal.

CHAPTER XXV.

PRACTICAL PRESCRIPTIONS.

It may be just as well to state that when directions are given to apply a lotion to the scalp the proper method of doing so be specified. The best and most practical as well as most cleanly is to take five or six thicknesses of gauze which has been sterilized; saturate it with the lotion and apply to the scalp, as if it were an oil.

BALDNESS.

Ointment of 10% oleate of mercury . . One-half ounce
Lanolin . . . . . One-half ounce
Rub well into scalp.

* * *

Tincture of capsicum . . . . . Two drachms
Water of ammonia . . . . . One ounce
Pilocarpine hydrochloride . . . . . Five grains
Cologne . . . . . Two ounces
Use on the scalp twice daily.

* * *

Fluid extract of Pilocarpine . . . . . Two ounces
Soap liniment . . . . . Three ounces
Use on scalp once daily.

* * *

Beta naphthol . . . . . Four scruples
Alcohol . . . . . Four ounces
Oil of roses . . . . . Two drops
Apply to the scalp twice daily.

* * *

Resublimed resorcin . . . . . Ten grains
Beta naphthol . . . . . Five scruples
Alcohol . . . . . Six ounces
Apply to scalp once daily.

Tincture of cantharides.....One drachm
Resorcin.....Six grains
Bay rum.....Five ounces
Verbena extract.....One drachm
Apply to scalp twice daily.

* * *

Pilocarpine muriate.....Ten grains
Chloroform liniment.....Four ounces
Cologne.....Two ounces
Apply to scalp three times daily.

* * *

Precipitated sulphur.....One and a half drachms
Cold cream.....One ounce
Apply to scalp on a gauze pad very thin once daily.

* * *

Beta naphthol.....Fifteen grains
White vaseline.....One-half ounce
Cold cream.....One-half ounce
Apply thin on a gauze pad at night.

* * *

Muriate of pilocarpine.....Three grains
Pure lanolin.....One ounce
Cold cream.....One ounce
Apply to scalp on gauze pad three times daily.

* * *

Resorcin.....One drachm
Beta naphthol.....One scruple
Compound tincture of cinchona.....Three drachms
Bay rum.....Three and one-half ounces
Apply thin on gauze pad to scalp twice daily.

* * *

Oil of gaultheria.....One drachm
Sulphuric ether.....One ounce
Apply very thin on gauze pad to the scalp once daily.

Muriate of cocaine.....Ten grains
Bismuth subnitrate .....One and one-half drachms
Glycerite of starch.....One ounce
Apply on a gauze pad twice daily.

* * *

Corrosive sublimate .....Three grains
Alcohol.....One ounce
Apply on a gauze pad three times daily.

* * *

Tincture of Spanish fly.....One-half drachm
Tincture of Capsicum.....One-half drachm
Castor oil .....Two drachms
Cologne.....One and a half drachms
Apply on gauze pad twice daily.

BARBER'S ITCH.

Resorcin.....Ten grains
Pure lanolin .....One-half ounce
Cold cream .....One-half ounce
Apply thin on a gauze pad twice daily.

* * *

Oleate of copper.....One-half drachm
Pure lanolin .....Six drachms
Olive oil .....Two ounces
To be applied several times daily.

* * *

Resorcin.....One drachm
Glycerine .....Two drachms
Rose water ointment.....Two ounces
Apply thin on a gauze pad twice daily.

DANDRUFF.

Beta naphthol .....One scruple
Precipitated sulphur .....One and a half drachms
Bay rum .....Six ounces
Apply on a pad to scalp twice daily.

Ammoniated mercury ointment. . . .One-half drachm
Cold cream . . . . . .One ounce
Apply on a gauze pad three times daily.

* * *

Nitrate of mercury ointment. . . . . .One drachm
Vaseline. . . . . .One ounce
Apply on gauze twice daily.

* * *

Yellow sulphate of mercury. . . . . .One scruple
Cold cream . . . . . .One ounce
Apply thin on gauze pad three times daily.

* * *

Corrosive sublimate . . . . . .Two grains
Compound tincture of benzoin. . . . . .One ounce
Apply on gauze pad once daily.

* * *

Green soap . . . . . .One-half ounce
Alcohol. . . . . .Eight ounces
Filter. Take a tablespoonful, shampoo the scalp and then dry.

* * *

Beta naphthol . . . . . .Six scruples
Alcohol. . . . . .Three ounces
Bay rum . . . . . .Three ounces
Apply on a gauze pad to scalp twice daily.

* * *

Resorcin. . . . . .One drachm
Beta naphthol . . . . . .One scruple
Compound tincture of cinchona. . . . .Three drachms
Bay rum . . . . . .Six drachms
Apply on a gauze pad to scalp twice daily.

* * *

Chrysarobin. . . . . .One drachm
Lanolin. . . . . .One-half ounce
Cold cream . . . . . .One-half ounce
Apply thoroughly on a pad to scalp once daily.

FALLING OF THE HAIR.

Distilled witch hazel.....Five ounces
Corrosive sublimate.....Ten grains
Use on the scalp twice daily.

* * *

Tincture of nux vomica.....One ounce
Spirits of rosemary.....Two ounces
Alcohol.....Two ounces
Apply several times a day.

* * *

Olive oil.....Two ounces
Spirits of lavender.....Two drachms
Cologne.....Two ounces
Apply to scalp several times daily.

* * *

Resorcin.....Ten grains
Oil of neroli.....Five drops
Bay rum.....Six ounces
Use three times daily.

* * *

Spirits of camphor.....One ounce
Ammonia water.....Two ounces
Rose water.....Six ounces
Use three times daily.

FOR AN IRRITATED SCALP.

Bismuth subnitrate.....One-half drachm
Oxide of zinc.....Forty grains
Rose water ointment.....One ounce
Apply twice daily by means of a gauze pad.

A NICE APPLICATION FOR USE AFTER SHAVING.

Powdered camphor.....One scruple
Alcohol.....Twenty drops
Boiled starch.....One-half ounce

INSECT BITES AND INJURIES.

Carbolic acid ..... One-half drachm
Camphor water ..... Four ounces
Boric acid ..... Twenty grains
Cologne ..... Two ounces
Apply twice daily.

* * * *

Oleate of zinc ointment ..... One drachm
Oleate of mercury ointment ..... One drachm
Cold cream ..... Two ounces
Apply thoroughly three times daily.

* * *

Borax ..... Two drachms
Rose water ..... Four ounces
Apply liberally.

* * *

Corrosive sublimate ..... Four grains
Cologne ..... Six ounces
Apply liberally.

ITCHING OF THE SCALP.

Borax ..... One ounce
Alum ..... One ounce
Dissolve in a pint of hot water and apply mixture over scalp.

* * *

Carbolic acid ..... One-half drachm
Distilled witch hazel ..... One-half pint
Apply to scalp.

* * *

Corrosive sublimate ..... Two grains
Ammonia muriate ..... Four grains
Carbolic acid ..... Two drachms
Glycerine ..... Two ounces
Rose water ..... Four ounces
Apply to scalp.

PARASITES (ANIMAL).

Tincture of staphisagria.....Four ounces
Apply thoroughly to scalp every day for a week.

PERSPIRATION (EXCESSIVE).

Subnitrate of bismuth.....One-half ounce
Powdered oleate of lead-zinc.....One-half ounce
Dust frequently where perspiration exists.

* * *

Beta naphthol.....Twenty grains
Salicylic acid.....One drachm
Powdered carbonate of zinc.....Two ounces
Dust over the parts.

* * *

Hydrastis hydrochlorate.....Five grains
Cologne.....Four ounces
Apply frequently to surface.

PERSPIRATION (ODOROUS).

Oleate of zinc.....One-half ounce
Powdered starch.....One ounce
Salicylic acid.....One ounce
Dust over the scalp.

* * *

One-half per cent. solution of formalin.....Six ounces
Apply twice a week.

TO MAKE DRY HAIR ACQUIRE A LUSTRE.

Honey.....One ounce
Glycerine.....One-half ounce
Cologne.....One-half ounce
Alchool.....Two ounces
Apply very thin with a gauze pad to the hair.

Finest virgin olive oil.....Two ounces
Any toilet water.....One ounce
Apply as mentioned in previous formula.

* * *

Gum benzoin .....One-half ounce
Alcohol.....Eight ounces
Dissolve and filter. Add
Castor oil .....Four ounces
Oil of geranium.....One drachm
Oil of bergamot.....One drachm
Apply with a gauze pad very lightly.

* * *

Veal fat .....Four ounces
Spermaceti.....Two ounces
Castor oil .....Two ounces
Oil of bitter almonds.....One-half drachm
Oil of cloves .....One drachm
Oil of bergamot.....Two drachms
Melt together and add the perfume as mixture gets cold.

This makes an elegant pomade and should be applied very thin to the hair by means of a gauze pad or the fingers.

MEDICATED SOAPS.

The soaps that may be used to apply to the different conditions of the scalp are sulphur, tar, bichloride, carbolated, beta-naphthol, ichthyol, soda soap, superfatted, potash or soft soap and menthol soap. There are in addition resorcin soap and others which contain one or two medicinal agents in combination, but those which have been mentioned are sufficient to meet about all the exigencies that may arise.

HAIR AND SCALP DON'TS.

Don't let anyone shampoo you; choose carefully.

Don't go to an unsanitary barber shop; insist on cleanliness.

Don't patronize all hair-dressers; warn your women friends.

Don't take it for granted that washed hands are clean.

Don't use any hair restorer; it may cause baldness.

Don't adopt everyone's advice; it may be dangerous.

Don't be too ultra; be sensible and reasonable.

Don't play doctor; it's a long and arduous road.

Don't be an oracle unless you have a good interpreter.

Don't volunteer your services; they are never appreciated.

Don't laugh at a bald head; remember what happened to the boys who mocked Elijah.

Don't believe that hair can be raised on an egg.

Don't think that household remedies are the best.

Don't imagine that the only good things are from abroad.

Don't have all your white hair pulled out.

Don't let a barber give you a vibratory treatment.

Don't pull out the hair to see if it is falling out.

Don't treat yourself; consult a good physician.

Don't use perfumed soap.

Don't adopt the suggestions of barbers or of hair-dressers.

Don't trust in recipes published in newspapers.

Don't use patent medicines.

Don't use poor cosmetics.

Don't treat your hair and scalp; take care of them.

Don't use hair dyes.

Don't have the hair cut too often. It may cause disease.

Don't use oil or vaseline on the hair.

Don't shampoo too often.
Don't use too hot curling irons.
Don't use a stiff brush to clean the scalp.
Don't use a fine-tooth comb too often.
Don't use a turkish towel to redden the cheeks.
Don't use laundry soap for the toilet.
Don't shave the hair on the arms; it makes it grow.
Don't shave the eyebrows; it's not sensible.
Don't borrow a washrag; buy a new one.
Don't have the hair cut too often; it gives a rough look.
Don't repeat anything unless you know it to be good.
Don't belittle the efforts of others; prove yourself first.
Don't shampoo roughly; use the mild method.
Don't try anything of which you are not sure.
Don't be always experimenting; produce results.
Don't try to improve on others; originate occasionally.

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